



RENOVATION 2025 JUNE 1-JULY15

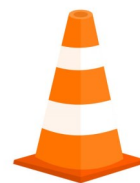
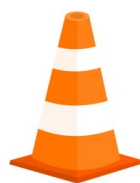
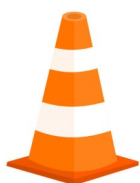
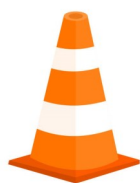
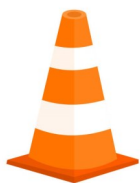
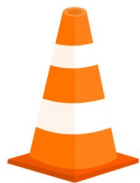
BRIGGS GROUP FITNESS SCHEDULE

399 9th St. N, Naples FL 34102



REMEMBER TO SCAN THE QR
CODE TO CHECK THE ONLINE LIVE
SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Group Cycle 5:30-6:25am VALERIE—RM 2	Functional Mvmts 7:15—8:00am JAMIE—RM 3	Group Cycle 5:30-6:25am VALERIE—RM 2	POWER 5:30-6:15am KAREN—RM 3	Group Cycle 7:00-7:55am EILEEN—RM 2	Group Cycle 8:00-8:55am VALERIE—RM 2	Group Cycle 8:15-9:10am EILEEN—RM 2
Group Cycle 7:00-7:55am VALERIE—RM 2	Multilevel Interval 8:15-9:05am JAMIE—RM 3	Pilates 8:00-8:55am LIZ—RM 3	Functional Mvmts 7:30-8:15am JAMIE—RM 3	Pilates 8:30-9:20am LIZ—RM 3	BLAST 8:00-8:55am KAREN—RM 3	LIFT 8:45-9:40am ALISON—RM 3
Pilates 8:00-8:55am LIZ—RM 3	Pilates 9:15-10:10am LIZ—RM 3	BODYPUMP 9:15-10:10am WAKA—RM 3	Multilevel Interval 8:30-9:20am JAMIE—RM 3	Zumba 9:30-10:25am MARIA—RM 3	POWER 9:00-9:55am YURY—RM 3	Multilevel Yoga 10:30-11:25am VALERIE—RM 3
Group Cycle 9:30-10:25am ROSE—RM 2	Group Cycle 9:00-9:55am VALERIE—RM 2	Group Cycle 10:00-10:45am GABY—RM 2	Pilates 9:30-10:25am LIZ—RM 3	Multilevel Yoga 10:45-11:40am VALERIE—RM 3	Group Cycle 9:30-10:25am ROSE—RM 2	
Strength Training 9:30-10:25am JENNIFER—RM 3	Stretch 10:20-10:50am LIZ—RM 3	Multilevel Yoga 10:45-11:40am VALERIE—RM 3	Group Cycle 9:30-10:25am ROSE—RM 2	Mat Pilates-V 12:00-12:55pm WENDY—RM 3	Cardio Kickboxing 10:20-11:15am RO--RM 3	
Multilevel Yoga 10:45-11:40am VALERIE—RM 3	TAI CHI 11:00-11:45am LIZ—RM 3	Gentle Yoga 12:15-1:10pm ELIZABETH—RM 3	TAI CHI 11:00-11:45am LIZ—RM 3	Foam Rolling 1:00-1:55pm WENDY—RM 3	Total Body Training 11:30a-12:25p RO--RM 3	
Gentle Yoga 1:15-2:10pm ELIZABETH—RM 3	Chair Yoga 12:00-12:55pm ELIZABETH—RM 3	Yin Yoga 1:30-2:25pm ELIZABETH—RM 3	BODYBALANCE 12:00-12:55pm JENNIFER—RM 3			
	Mat Pilates 4:30-5:20pm YURY—RM 3		CORE 5:00-5:25pm KAREN—RM 3			
	LIFT 5:45-6:40pm ALISON—RM 3		ACTIVE 5:30-6:25pm KAREN—RM 3		BRING YOUR OWN MAT TO CLASSES	



MODIFIED GROUP FITNESS SCHEDULE	DURING BRIGGS RENOVATION JUNE 1—JULY 15				MOSSA - LesMills-	V = Virtual and In Person
					Red = Cardio Blue=Strength	
					Yellow = Cycle Green = Mind/Body	