



SUMMER 2025 JULY 14-AUG 31

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	POWER *starts 7/15 5:30-6:25am NATHALIE—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	Boxing *starts 8/5 8:00-8:55am KEISHAUN—RM 3	Pilates 8:00-8:55am LIZ—RM 3	Boxing *starts 8/7 8:00-8:55am KEISHAUN—RM 3	Barre Fusion 8:30-9:15am MARIA—RM 1	BLAST 8:00-8:55am KAREN—RM 3	L1FT 8:45-9:40am ALISON—RM 3
Pilates 8:00-8:55am LIZ—RM 3	Pilates 9:00-9:55am LIZ—RM 3	Balance 9:00-9:30am LIZ—RM 1	Pilates 9:00-9:55am LIZ—RM 1	Pilates 8:30-9:25am LIZ—RM 3	Multilevel Yoga 8:30-9:25am ELIZABETH—RM 1	Multilevel Yoga 10:30-11:25am VALERIE—RM 3
Balance 9:00-9:30am LIZ—RM 1	Group Cycle 9:00-9:55am VALERIE—RM 2	BODYPUMP 9:15-10:10am WAKA—RM 3	Group Cycle 9:30-10:25am ROSE—RM 2	Zumba 9:30-10:25am MARIA—RM 3	POWER 9:00-9:55am YURY—RM 3	
Group Cycle 9:30-10:25am ROSE—RM 2	Stretch 10:00-10:30am LIZ—RM 3	PACE 9:45-10:40am LIZ—RM 1	POWER 9:30-10:25am MIKE—RM 3	Stretch 9:30-10:00am LIZ—RM 1	Group Cycle 9:30-10:25am ROSE—RM 2	
Strength Training 9:30-10:25am JENNIFER—RM 3	Gentle Yoga 10:35-11:30am ELIZABETH—RM 1	Group Cycle 10:00-10:45am GABY—RM 2	Stretch 10:00-10:30am LIZ—RM 1	Multilevel Yoga 10:45-11:40am VALERIE—RM 3	Multilevel Yoga 9:45-10:40am ELIZABETH—RM 1	
PACE 9:45-10:40am LIZ—RM 1	TAI CHI 11:00-11:45am LIZ—RM 3	Multilevel Yoga 10:45-11:40am VALERIE—RM 3	TAI CHI 11:00-11:45am LIZ—RM 3	Bootcamp 11:00am-11:45am JENNIFER—RM 4	Cardio Kickboxing 10:20-11:15am RO—RM 3	
Zumba *starts 7/20 10:45-11:40am VASELIKI—RM 3	Chair Yoga 11:45-12:40pm ELIZABETH—RM 1	Bootcamp 11:00am-11:45am PAM—RM 4	Chair Yoga 11:45a-12:40p ELIZABETH—RM 1	Mat Pilates-V 12:00-12:55pm WENDY—RM 3	Total Body Training 11:30a-12:25p RO—RM 3	
Multilevel Yoga 10:45-11:40am VALERIE—RM 1	Mat Pilates 4:30-5:20pm YURY—RM 3	Gentle Yoga 12:15-1:10pm ELIZABETH—RM 3	BODYBALANCE 12:00-12:55pm JENNIFER—RM 3	Foam Rolling 1:00-1:55pm WENDY—RM 3		
Gentle Yoga 1:15-2:10pm ELIZABETH—RM 3	L1FT 5:45-6:40pm ALISON—RM 3	Yin Yoga 1:30-2:25pm ELIZABETH—RM 1	CORE 5:00-5:25pm KAREN—RM 3			
FIGHT *starts 7/14 5:30pm-6:25pm NATHALIE—RM 3		GroupCycle*starts 7/9 5:30-6:20pm NATHALIE—RM 2	ACTIVE 5:30-6:25pm KAREN—RM 3			
POWER *starts 7/14 6:30-7:25pm NATHALIE—RM 3		POWER *starts 7/9 6:30-7:25pm NATHALIE—RM 3				
					MOSSA - LesMills-	
					Red = Cardio Blue=Strength Yellow = Cycle	V = Virtual and In Person
		BRING YOUR OWN MAT TO CLASSES			Purple = TRX Green = Mind/Body	** TRX ** Must sign up for TRX class within Antaris