



# FALL 2025 STARTING SEPT 2ND

## 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                                                            |
|---------------------------------------------------------|----------------------------------------------------------|---------------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------------------|
| <b>Group Cycle</b><br>5:30-6:25am<br>VALERIE—RM 2       | <b>POWER</b><br>5:30-6:25am<br>NATHALIE—RM 3             | <b>Group Cycle</b><br>5:30-6:25am<br>VALERIE—RM 2       | <b>POWER</b><br>5:30-6:15am<br>KAREN—RM 3                          | <b>Group Cycle</b><br>5:30-6:25am<br>NATHALIE—RM 2      | <b>Group Cycle</b><br>8:00-8:55am<br>VALERIE—RM 2                    | <b>LIFT</b><br>8:45-9:40am<br>ALISON—RM 3                         |
| <b>Group Cycle</b><br>7:00-7:55am<br>VALERIE—RM 2       | <b>Boxing</b><br>8:00-8:50am<br>KEISHAUN—RM 3            | <b>Pilates</b><br>8:00-8:55am<br>LIZ—RM 3               | <b>Boxing</b><br>8:00-8:50am<br>KEISHAUN—RM 3                      | <b>TRX Express</b><br>6:30-7:00am<br>NATHALIE—RM 4      | <b>BLAST</b><br>8:00-8:55am<br>KAREN—RM 3                            | <b>Group Cycle</b><br>9:00-9:55am<br>EILEEN—RM 2                  |
| <b>Pilates</b><br>8:00-8:55am<br>LIZ—RM 3               | <b>Pilates</b><br>9:00-9:55am<br>LIZ—RM 3                | <b>Balance</b><br>9:00-9:30am<br>LIZ—RM 1               | <b>Pilates</b><br>9:00-9:55am<br>LIZ—RM 1                          | <b>Group Cycle</b><br>7:00-7:55am<br>EILEEN—RM 2        | <b>Slow Yoga Flow</b><br>8:30-9:25am<br>ELIZABETH—RM 1               | <b>Multilevel Yoga</b><br>10:30-11:25am<br>VALERIE/NANCY<br>—RM 3 |
| <b>Balance</b><br>9:00-9:30am<br>LIZ—RM 1               | <b>Group Cycle</b><br>9:00-9:55am<br>EILEEN—RM 2         | <b>BODYPUMP</b><br>9:15-10:10am<br>WAKA—RM 3            | <b>Group Cycle</b><br>9:30-10:25am<br>ROSE—RM 2                    | <b>Pilates</b><br>8:30-9:25am<br>LIZ—RM 3               | <b>POWER</b><br>9:00-9:55am<br>YURY—RM 3                             |                                                                   |
| <b>Group Cycle</b><br>9:30-10:25am<br>ROSE—RM 2         | <b>Stretch</b><br>10:00-10:30am<br>LIZ—RM 3              | <b>PACE</b><br>9:45-10:40am<br>LIZ—RM 1                 | <b>Zumba</b><br>9:30-10:25am<br>MARIA—RM 3                         | <b>Zumba</b><br>9:30-10:25am<br>VASELIKI—RM 3           | <b>Group Cycle</b><br>9:30-10:25am<br>ROSE—RM 2                      |                                                                   |
| <b>BODYPUMP</b><br>9:30-10:25am<br>VASELIKI—RM 3        | <b>Slow Yoga Flow</b><br>10:35-11:30am<br>ELIZABETH—RM 1 | <b>Group Cycle</b><br>10:00-10:45am<br>GABY—RM 2        | <b>Stretch</b><br>10:00-10:30am<br>LIZ—RM 1                        | <b>Stretch</b><br>9:30-10:00am<br>LIZ—RM 1              | <b>Slow Yoga Flow</b><br>9:45-10:40am<br>ELIZABETH—RM 1              |                                                                   |
| <b>PACE</b><br>9:45-10:40am<br>LIZ—RM 1                 | <b>TAI CHI</b><br>11:00-11:45am<br>LIZ—RM 3              | <b>Multilevel Yoga</b><br>10:45-11:40am<br>VALERIE—RM 3 | <b>TAI CHI</b><br>11:00-11:45am<br>LIZ—RM 3                        | <b>Multilevel Yoga</b><br>10:45-11:40am<br>VALERIE—RM 3 | <b>Cardio Kickboxing</b><br>10:20-11:15am<br>RO—RM 3                 |                                                                   |
| <b>Zumba</b><br>10:45-11:40am<br>VASELIKI—RM 3          | <b>TRX FLOW</b><br>11:00-11:45am<br>PAM—RM 4             | <b>Bootcamp</b><br>11:00am-11:45am<br>PAM—RM 4          | <b>TRX EXPRESS</b><br>*starts 9/11<br>11:00-11:30am<br>KELLIE—RM 4 | <b>Bootcamp</b><br>11:00am-11:45am<br>JENNIFER—RM 4     | <b>Total Body Training</b><br>11:30a-12:25p<br>RO—RM 3               |                                                                   |
| <b>Multilevel Yoga</b><br>10:45-11:40am<br>VALERIE—RM 1 | <b>Chair Yoga</b><br>12:00-12:55pm<br>ELIZABETH—RM 1     | <b>Slow Yoga Flow</b><br>12:15-1:10pm<br>ELIZABETH—RM 3 | <b>Chair Yoga</b><br>12:00-12:55p<br>ELIZABETH—RM 1                | <b>Mat Pilates-V</b><br>12:00-12:55pm<br>WENDY—RM 3     |                                                                      |                                                                   |
| <b>BODYBALANCE</b><br>12:00-12:55pm<br>JENNIFER—RM 3    | <b>POWER</b><br>12:00-12:55pm<br>HEATHER—RM 3            | <b>Yin Yoga</b><br>1:30-2:45pm<br>ELIZABETH—RM 1        | <b>POWER</b><br>12:00-12:55pm<br>HEATHER—RM 3                      | <b>Foam Rolling</b><br>1:00-1:55pm<br>WENDY—RM 3        |                                                                      |                                                                   |
| <b>Slow Yoga Flow</b><br>1:15-2:10pm<br>ELIZABETH—RM 3  | <b>Mat Pilates</b><br>4:30-5:20pm<br>YURY—RM 3           | <b>Group Cycle</b><br>5:30-6:20pm<br>NATHALIE—RM 2      | <b>BODYBALANCE</b><br>1:15-2:10pm<br>JENNIFER—RM 3                 |                                                         |                                                                      |                                                                   |
| <b>TRX BEGINNER</b><br>2:30-3:15pm<br>GABY—RM 4         | <b>LIFT</b><br>5:45-6:40pm<br>ALISON—RM 3                | <b>POWER</b><br>6:30-7:25pm<br>NATHALIE—RM 3            | <b>CORE</b><br>5:00-5:25pm<br>KAREN—RM 3                           |                                                         |                                                                      |                                                                   |
| <b>FIGHT</b><br>5:30pm-6:25pm<br>NATHALIE—RM 3          |                                                          |                                                         | <b>ACTIVE</b><br>5:30-6:25pm<br>KAREN—RM 3                         |                                                         | <b>MOSSA -</b>                                                       |                                                                   |
| <b>POWER</b><br>6:30-7:25pm<br>NATHALIE—RM 3            |                                                          | <b>BRING YOUR OWN<br/>MAT TO CLASSES</b>                |                                                                    |                                                         | <b>Red = Cardio</b><br><b>Blue=Strength</b><br><b>Yellow = Cycle</b> |                                                                   |
|                                                         |                                                          |                                                         |                                                                    |                                                         | <b>Purple = TRX</b><br><b>Green = Mind/Body</b>                      | <b>V = Virtual and In<br/>Person</b>                              |