



NOVEMBER/DECEMBER 2025

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