

# Reclaimed Fitness Class Schedule

As of March 1, 2026

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Group Power 6:00-7:00	Group Groove 6:00-7:00	Group Power 6:00-7:00		Group Groove 6:00-7:00		
6:30 AM							
7:00 AM	Group Centergy 7:00-8:00		Group Centergy 7:00-8:00				
7:30 AM		Group Power 7:15-8:15		Group Power 7:15-8:15		Group Power 7:10-8:10	
8:00 AM							Group Power 7:40-8:40
8:30 AM	ATHLETE30 8:30-9:00		Group Core 8:30-9:00		Group Core 8:30-9:00	Group Centergy 8:15-9:15	Group Core 8:45-9:15
9:00 AM		Cycle/Strength Fusion 9:00-9:45		Circuit Training 9:00-9:45			
9:30 AM	Group Fight 9:15-10:15		Group Fight 9:15-10:15		Group Fight 9:15-10:15	Group Groove 9:15-10:15	Group Fight 9:15-10:15
10:00 AM							
10:30 AM	Group Centergy 10:20 - 11:20					ATHLETE30 10:30-11:00	
11:00 AM							

4:30 PM							
5:00 PM		Group Fight 4:45-5:45		Group Active 4:45-5:45	ATHLETE30 5:00-5:30		
5:30 PM			Group Core 5:30-6:00				
6:00 PM	Group Power 6:00-7:00	Group Active 6:00-7:00	Zumba 6:00-7:00	Group Power 6:00-7:00		For class descriptions and membership info, visit us at <a href="http://reclaimedfitness.net">reclaimedfitness.net</a>	
6:30 PM							
7:00 PM							