TRIFIT

GROUP FITNESS SCHEDULE

MONDAY

7:30 AM - 8:15 AM	Functional Training	Ben Hawkinson
8:30 AM - 9:15 AM	Strength & Conditioning	Bastien Hattiger
12:00 PM - 12:50 PM	TRX	Jimmy Guerrero
1:00 PM - 2:00 PM	Vinyasa Flow Yoga	Steve Jones
4:30 PM - 5:15 PM	Guided Meditation	Jackson Lynch
5:00 PM - 6:00 PM	Swim Workout (Technique)	Triniti Santos
5:30 PM - 6:20 PM	Cycling	Tiffini Carter
5:30 PM - 6:15 PM	HIIT	Jimmy Guerrero
6:00 PM - 7:00 PM	Swim Workout (Technique)	Triniti Santos
6:15 PM - 7:15 PM	Vinyasa Flow Yoga	Sophie Clemo
6:30 PM - 7:15 PM	Strength & Conditioning	Sevdi Simnica

TUESDAY

8:00 AM - 8:45 AM	HIIT	Aaron Newton
12:00 PM - 1:00 PM	Swim Workout (Technique)	Cassaundra Pino
12:30 PM - 1:15 PM	HIIT	Jimmy Guerrero
1:00 PM - 2:00 PM	Vinyasa Flow Yoga	Sophie Clemo
5:30 PM - 6:20 PM	Cycling	Sara McGinnis
5:30 PM - 6:15 PM	Kinstretch	Jimmy Guerrero
5:30 PM - 6:15 PM	Functional Training	Ben Hawkinson
6:30 PM - 7:20 PM	Boxing	Fernando Russo
7:30 PM - 8:30 PM	Iyengar Yoga	Yasmin Shirangi

WEDNESDAY

7:30 AM - 8:15 AM	Functional Training	Ben Hawkinson
8:30 AM - 9:15 AM	Strength & Conditioning	Bastien Hattiger
12:00 PM - 12:50 PM	TRX	Jeff Wells
4:30 PM - 5:15 PM	Guided Breathwork	Jackson Lynch
5:00 PM - 6:00 PM	Swim Workout	Triniti Santos
5:30 PM - 6:15 PM	HIIT	Jimmy Guerrero
6:15 PM - 7:15 PM	Vinyasa Flow Yoga	Sophie Clemo
6:30 PM - 7:30 PM	Cycling	Bernard Baski
6:30 PM - 7:15 PM	Strength & Conditioning	Sevdi Simnica

THURSDAY

8:00 AM - 8:45 AM	HIIT	Jimmy Guerrero
12:00 PM - 1:00 PM	Swim Workout	Cassaundra Pino
12:30 PM -1:15 PM	HIIT	Jimmy Guerrero
1:00 PM - 2:00 PM	Vinyasa Flow Yoga	Sophie Clemo
5:30 PM - 6:15 PM	Kinstretch	Jimmy Guerrero
5:30 PM - 6:15 PM	Functional Training	Ben Hawkinson
6:00 PM - 9:00 PM	Squash Round Robin	OPEN PLAY
6:30 PM - 7:20 PM	Boxing	Fernando Russo

FRIDAY

6:30 AM - 7:30 AM	Ocean Swim	Cassaundra Pino
7:30 AM - 8:15 AM	Functional Training	Aaron Newton
12:00 PM - 12:50 PM	Cycling	Jeff Wells
1:00 PM - 2:00 PM	Destress Yoga	Steve Jones
5:00 PM - 5:45 PM	Strength & Conditioning	Bastien Hattiger

SATURDAY

9:30 AM - 10:15 AM	HIIT	Aaron Newton
10:30 AM - 11:30 AM	Cycling	Bernard Baski
11:00 AM - 12:00 PM	Iyengar Yoga	Yasmin Shirangi

SUNDAY

9:00 AM - 12:00 PM	Squash Round Robin	OPEN PLAY
9:30 AM - 10:15 AM	HIIT	Jimmy Guerrero
10:30 AM - 11:20 AM	Cycling	Tiffani Carter

* Registration is required online through your MyiClub member portal. Space is limited.

** Check-in is required at the front desk, starting 30 minutes before scheduled class time. Space is limited.

*** Advance registration through your MyiClub member portal is encouraged, but not required. Registering helps us plan for attendance.
For special events that include raffles, giveaways, or promotions, eligibility may be limited to participants who are registered in advance.

Revised June 2026