IN PERSON CLASSES SCHEDULE

Greater Portland Branch – DECEMBER

(NO CLASSES: December 24, 25 & 26 – Christmas Break. We reopen Sunday December 27 at 9am)

BRANCH HOURS:
Monday – Friday: 6:00am – 8:00pm
Saturday: 8:00am – 4:00pm
Sunday: 9:00am–2:00pm

DATE: DECEMBER 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	**BE STRONG** with Mike 6:10-7:15am (Osher Room)			**PURE POWER HIIT** with Mike 6:10-7:15am (Osher Room)			
6:15am							
6:30am							
6:45am		**DUAL DEPTH AEROBICS** with Hattie 6:45-7:30am (Malcolm Pool)		**AQUA ZUMBA** with Hattie 6:45-7:30am (Malcolm Pool)			
7:00AM							
7:15am							
7:30am							
7:45am							
8:00AM	**ATHLETIC BOOTCAMP** with Michael 8:00-9:00am (Osher Room)	**PILATES FLOW** with Michael 8:00-9:00am (Studio A)	**ATHLETIC BOOTCAMP** with Michael 8:00-9:00am (Osher Room)	**PILATES FLOW** with Michael 8:00-9:00am (Studio A)	**ATHLETIC BOOTCAMP** with Michael 8:00-9:00am (Osher Room)	**OPEN COURT BASKETBALL** 8:00-10:00am (Gymnasium)	
8:15am						**PILATES SCULPT** with Alexsandra 8:15-9:30am (Studio A)	
8:30am							
8:45am							

9:00AM		**ADAPTIVE MOVEMENT** with Michael 9:00-9:30am (Osher Room)			**STRENGTH & BALANCE** with Michael 9:00-9:45am (Osher Room)		**ADULT GROUP SWIM** with Joanne 9:00-10:00am (Malcolm Pool)
9:15am		**AQUAFIT INTERVALS** with Mel 9:15-10:00am (Malcolm Pool)					
9:30am		**STRENGTH & BALANCE** with Michael 9:30-10:15am (Osher Room)					
9:45am							
10:00AM	**PICKLEBALL** 10:00-11:30am (Gymnasium)		**PICKLEBALL: Open Play & Skill Development** 10:00-11:30am (Gymnasium)	**PICKLEBALL** 10:00-11:30am (Gymnasium)		**PICKLEBALL** 10:00am-12:00pm (Gymnasium)	**CORE FOCUS TOGETHER: Spinal Support Edition** with Isaak 10:00-11:00am (Osher Room)
10:15am							
10:30am							
10:45am							
11:00am							
11:15am							
11:30am	**OPEN COURT BASKETBALL** 11:30am-1:30pm (Gymnasium)	**OPEN COURT BASKETBALL** 11:30am-1:30pm (Gymnasium)	**OPEN COURT BASKETBALL** 11:30am-1:30pm (Gymnasium)	**OPEN COURT BASKETBALL** 11:30am-1:30pm (Gymnasium)	**OPEN COURT BASKETBALL** 11:30am-1:30pm (Gymnasium)		
11:45am							

12:00pm						**OPEN COURT BASKETBALL** 12:00-2:00pm (Gymnasium)	
12:15pm							
12:30pm							
12:45pm							
1:00pm							
1:15pm							
1:30pm							
1:45pm							
2:00pm						**BADMINTON** 2:00-3:45pm (Gymnasium)	
2:15pm							
2:30pm							
2:45pm							
3:00pm	**FAMILY BASKETBALL** 3:00-5:30pm (Gymnasium)	**FAMILY BASKETBALL** 3:00-5:30pm (Gymnasium)			**1/2 COURT VOLLEYBALL** 3:00-5:30pm (Gymnasium)	**1/2 COURT FAMILY BASKETBALL** 3:00-5:30pm (Gymnasium)	
3:15pm							
3:30pm							
3:45pm							
4:00pm			**BOXING WITH CARLOS (Lingala, Portuguese, French)** 4:00-5:00pm (Osher Room)	**BADMINTON** 4:00-7:30pm (Gymnasium)		**BOXING WITH CARLOS (Lingala, Portuguese, French)** 4:00-5:00pm (Osher Room)	
4:15pm							
4:30pm							
4:45pm							

5:00pm				**BADMINTON & PICKLEBALL** 5:00-6:30pm (Gymnasium)			
5:15pm							
5:30pm	**ATHLETIC BOOTCAMP** with Michael 5:30-6:30pm (Osher Room) / **OPEN COURT BASKETBALL** 5:30-7:45pm (Gymnasium)	**YOGA FLOW** with Michael 5:30-6:30pm (Studio A) / **OPEN COURT BASKETBALL** 5:30am-7:45pm (Gymnasium) / **BOXING WITH CARLOS (Lingala, Portuguese, French)** 5:30-6:30pm (Osher Room)	**ATHLETIC BOOTCAMP** with Michael 5:30-6:30pm (Osher Room)	**BOXING WITH CARLOS (Lingala, Portuguese, French)** 5:30-6:30pm (Osher Room) / **YOGA FLOW** with Michael 5:30-6:30pm (Studio A)			
5:45pm							
6:00pm							
6:15pm							
6:30pm	**CORE FOCUS TOGETHER: Spinal Support Edition** with Isaak 6:30-7:30pm			**OPEN COURT BASKETBALL** 6:30pm-7:45pm (Gymnasium)			
6:45pm							
7:00pm							