



IN PERSON CLASSES SCHEDULE

Greater Portland Branch - JULY

No classes Friday, July 3 & Saturday, July 4 (4th of July observed)

PRIME TIME HOURS:

Tuesday – Thursday 4:00pm – 7:00pm
 Saturdays 8:30am – 11:30am

PLEASE NOTE: the Portland Branch will be closed
 Sundays during the summer.

DATE: JULY 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							
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 (Gym)	MASTER FOR MORTALS with Joanne 8:00-9:00am (Malcolm Pool)
8:15am						PILATES SCULPT with Alexandra 8:15-9:30am (Studio A)	
8:30am							
8:45am							
9:00AM		ADAPTIVE MOVEMENT with Michael 9:00-9:30am (Osher Room)					
9:15am			AQUAFIT INTERVALS with Melissa 9:15-10:00am (Malcolm Pool)				

9:30am		STRENGTH & BALANCE with Michael 9:30-10:15am (Osher Room)					
9:45am						KICKBOXING with Michael 9:45-10:45am (Studio A)	
10:00AM	PICKLEBALL 10:00-11:30am (Gymnasium)		PICKLEBALL - Open Play & Skill Development with Tracy 10:00-11:30am (Gymnasium)	PICKLEBALL 10:00-11:30am (Gymnasium)		PICKLEBALL 10:00am-12:00pm (Gymnasium)	
10:15am					AQUAFIT INTERVALS with Melissa 10:15-11:00am (Malcolm Pool)		
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							

6:00pm							
6:15pm							
6:30pm				OPEN COURT BASKETBALL 6:30pm-7:45pm (Gymnasium)			
6:45pm							
7:00pm							