



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		NEW DUAL DEPTH AEROBICS (Starting July 21) 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 (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								
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)		BOXING WITH CARLOS (Lingala, Portuguese, French) 4:00-5:00pm (Osher Room)	BADMINTON 4:00-7:30pm (Gymnasium)				
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)	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						OPEN COURT BASKETBALL 6:30pm-7:45pm (Gymnasium)		
6:45pm								
7:00pm								