



# IN PERSON CLASSES SCHEDULE

## Greater Portland Branch – June 2026

No classes Friday, June 19 (Juneteenth)

### PRIME TIME HOURS:

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

DATE: JUNE 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	<b>BE STRONG</b> with Mike 6:10-7:15am (Osher Room)			<b>PURE POWER HIIT</b> with Mike 6:10-7:15am (Osher Room)			
6:15am							
6:30am							
6:45am							
7:00AM							
7:15am							
7:30am							
7:45am							
8:00AM	<b>ATHLETIC BOOTCAMP</b> with Michael 8:00-9:00am (Osher Room)	<b>PILATES FLOW</b> with Michael 8:00-9:00am (Studio A)	<b>ATHLETIC BOOTCAMP</b> with Michael 8:00-9:00am (Osher Room)	<b>PILATES FLOW</b> with Michael 8:00-9:00am (Studio A)	<b>ATHLETIC BOOTCAMP</b> with Michael 8:00-9:00am (Osher Room)	<b>OPEN COURT BASKETBALL</b> 8:00-10:00am (Gymnasium)	
8:15am						<b>PILATES SCULPT</b> with Alexandra 8:15-9:30am (Studio A)	
8:30am							
8:45am							
9:00AM		<b>ADAPTIVE MOVEMENT</b> with Michael 9:00-9:30am (Studio A)					<b>INTRO GROUP SWIM</b> with Joanne 9:00-10:00am (Malcolm Pool)
9:15am			<b>AQUAFIT INTERVALS</b> with Melissa 9:15-10:00am (Malcolm Pool)				

9:30am		<b>STRENGTH &amp; BALANCE</b> with Michael 9:30-10:15am (Osher Room)					
9:45am						<b>KICKBOXING</b> with Michael 9:45-10:45am (Studio A)	
10:00AM	<b>PICKLEBALL</b> 10:00-11:30am (Gymnasium)		<b>PICKLEBALL</b> with Tracy 10:00-11:30am (Gymnasium)	<b>PICKLEBALL</b> 10:00-11:30am (Gymnasium)		<b>PICKLEBALL</b> 10:00am-12:00pm (Gymnasium)	
10:15am					<b>AQUAFIT INTERVALS</b> with Melissa 10:15-11:00am (Malcolm Pool)		
10:30am							
10:45am							
11:00am							<b>CRICKET LEARN &amp; PLAY</b> 11:00am-1:00pm (Gymnasium)
11:15am							
11:30am	<b>OPEN COURT BASKETBALL</b> 11:30am-1:30pm (Gymnasium)	<b>OPEN COURT BASKETBALL</b> 11:30am-1:30pm (Gymnasium)	<b>OPEN COURT BASKETBALL</b> 11:30am-1:30pm (Gymnasium)	<b>OPEN COURT BASKETBALL</b> 11:30am-1:30pm (Gymnasium)	<b>OPEN COURT BASKETBALL</b> 11:30am-1:30pm (Gymnasium)		
11:45am							
12:00pm						<b>OPEN COURT BASKETBALL</b> 12:00-2:00pm (Gymnasium)	
12:15pm							
12:30pm							
12:45pm							
1:00pm							
1:15pm							
1:30pm							
1:45pm							

2:00pm								<b>BADMINTON</b> 2:00-3:45pm (Gymnasium)	
2:15pm									
2:30pm									
2:45pm									
3:00pm	<b>FAMILY BASKETBALL</b> 3:00-5:30pm (Gymnasium)	<b>FAMILY BASKETBALL</b> 3:00-5:30pm (Gymnasium)					<b>1/2 COURT VOLLEYBALL</b> 3:00-5:30pm (Gymnasium)	<b>1/2 COURT FAMILY BASKETBALL</b> 3:00-5:30pm (Gymnasium)	
3:15pm									
3:30pm									
3:45pm									
4:00pm	<b>BOXING WITH CARLOS</b> (Lingala, Portuguese, French) 4:00-5:00pm (Osher Room)		<b>BOXING WITH CARLOS</b> (Lingala, Portuguese, French) 4:00-5:00pm (Osher Room)	<b>BADMINTON</b> 4:00-7:30pm (Gymnasium)					
4:15pm									
4:30pm									
4:45pm									
5:00pm						<b>BADMINTON &amp; PICKLEBALL</b> 5:00-6:30pm (Gymnasium)			
5:15pm									
5:30pm	<b>ATHLETIC BOOTCAMP</b> with Michael 5:30-6:30pm (Osher Room)	<b>OPEN COURT BASKETBALL</b> 5:30-7:45pm (Gymnasium)	<b>YOGA FLOW</b> with Michael 5:30-6:30pm (Studio A)	<b>OPEN COURT BASKETBALL</b> 5:30am-7:45pm (Gymnasium)	<b>ATHLETIC BOOTCAMP</b> with Michael 5:30-6:30pm (Osher Room)	<b>BOXING WITH CARLOS</b> (Lingala, Portuguese, French) 5:30-6:30pm (Osher Room)	<b>YOGA FLOW</b> with Michael 5:30-6:30pm (Studio A)		
5:45pm			<b>BOXING WITH CARLOS</b> (Lingala, Portuguese, French) 5:30-6:30pm (Osher Room)						

<b>6:00pm</b>							
<b>6:15pm</b>							
<b>6:30pm</b>				<b>OPEN COURT BASKETBALL</b> 6:30pm-7:45pm (Gymnasium)			
<b>6:45pm</b>							
<b>7:00pm</b>							