



IN PERSON CLASSES SCHEDULE

Greater Portland Branch – April 2025

PRIME TIME HOURS:

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

DATE: APRIL 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM				PURE POWER HIIT with Mike 6:00-7:15am (Osher Room)			
6:15am	BE STRONG with Mike 6:15-7:15am (Osher Room)						
6:30am							
6:45am							
7:00AM							
7:15am							
7:30am							
7:45am							
8:00AM	ATHLETIC BOOTCAMP with Michael 8:00-9:00am (Osher Room)	CARDS, COFFEE & CONNECTION 8:00-10:00am (Community Room)	AQUA QI GONG: BE LIKE WATER 8:00-8:45am (Malcom Pool)	ATHLETIC BOOTCAMP with Michael 8:00-9:00am (Osher Room)	CARDS, COFFEE & CONNECTION 8:00-10:00am (Community Room)	ATHLETIC BOOTCAMP with Michael 8:00-9:00am (Osher Room)	OPEN COURT BASKETBALL 8:00-10:00am (Gymnasium)
8:15am						PILATES SCULPT with Alexandra 8:15-9:30am (Studio A)	
8:30am				PILATES FLOW with Michael 8:30-9:30am (Studio A)			
8:45am							
9:00AM				AQUAFIT INTERVALS! with Melissa 9:00-9:45am (Malcom Pool)			
9:15am							

9:30am						KICKBOXING with Michael 9:30-10:30am (Studio A)	
9:45am				ADAPTIVE MOVEMENT 9:45-10:30am (Studio A)			
10:00AM	PICKLEBALL 10:00-11:30am (Gymnasium)		PICKLEBALL with Tracy 10:00-11:00am (Gymnasium)	PICKLEBALL 10:00-11:30am (Gymnasium)		PICKLEBALL 10:00am-12:00pm (Gymnasium)	
10:15am			SENIOR STRENGTH TRAINING UPPER BODY with Jeremy 10:15-11:15am (Osher Room)	STRENGTH TRAINING LOWER BODY with Jeremy 10:15-11:15am (Osher Room)	STRENGTH TRAINING UPPER BODY with Jeremy 10:15-11:15am (Osher Room)		
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)	FUTSAL 12:00-1:45pm (Gymnasium)
12:15pm							
12:30pm							
12:45pm							
1:00pm							
1:15pm							
1:30pm							
1:45pm							
2:00pm						BADMINTON 2:00-3:45pm (Gymnasium)	

