



IN PERSON CLASSES SCHEDULE

Greater Portland Branch – May 2025

(There will be no classes on May 26 – Memorial Day)

PRIME TIME HOURS:

Monday – Thursday 4:00pm – 7:00pm

Saturdays 8:30am – 11:30am

DATE: MAY 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)	PILATES FLOW with Michael 8:00-9:00am (Studio A)	ATHLETIC BOOTCAMP with Michael 8:00-9:00am (Osher Room)	CARDS, COFFEE & CONNECTION 8:00-10:00am (Community 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 Alexandra 8:15-9:30am (Studio A)	
8:30am								
8:45am								
9:00AM	AQUA-STRENGTH with Natalie Starting 5/12 9:00-9:45am (Malcom Pool)	AQUA-STRENGTH with Natalie Starting 5/13 9:00-9:45am (Malcom Pool)		AQUAFIT INTERVALS! with Melissa 9:00-9:45am (Malcom Pool)				
9:15am								

9:30am		ADAPTIVE MOVEMENT 9:30-10:15am (Studio A)				KICKBOXING with Michael 9:30-10:30am (Studio A)	
9:45am							
10:00AM	STRENGTH & BALANCE with Natalie Starting 5/12 10:00-11:00am (Osher Room)	PICKLEBALL 10:00-11:30am (Gym)	STRENGTH & BALANCE with Natalie Starting 5/13 10:00-11:00am (Osher Room)	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)	

