



IN PERSON CLASSES SCHEDULE

Greater Portland Branch – April 2026

(No classes Sunday April 5 in observance of Easter)

PRIME TIME HOURS:

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

DATE: APRIL 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 (Gymnasium)	
8:15am						PILATES SCULPT with Alexandra 8:15-9:30am (Studio A)	
8:30am							
8:45am							
9:00AM					AQUAFIT INTERVALS with Melissa 9:00-9:45am (Malcolm Pool)		
9:15am							
9:30am		ADAPTIVE MOVEMENT with Michael 9:30-10:15am (Studio A)					

9:45am						KICKBOXING with Michael 9:45-10:45am (Studio A)	
10:00AM	PICKLEBALL 10:00-11:30am (Gymnasium)		PICKLEBALL with Tracy 10:00-11:30am (Gymnasium)	PICKLEBALL 10:00-11:30am (Gymnasium)		PICKLEBALL 10:00am-12:00pm (Gymnasium)	
10:15am							
10:30am							
10:45am							
11:00am						FAMILY YOGA with Michael 11:00am-11:45am (Studio A) ----- HEALTHY KIDS DAY (April 18 Only) FAMILY YOGA 11:30am-12:15pm	CRICKET LEARN & PLAY 11:00am-1:00pm (Gymnasium)
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)	

6:00pm		ADAPTIVE RESISTANCE TRAINING with Isaak 6:00-7:00pm (Weight Room)					
6:15pm							
6:30pm	BADMINTON AGILITY TRAINING 1/2 Court with Isaak 6:30-7:30pm	AQUA FLOW with Caitlin 6:30pm-7:15pm (Malcolm Pool)		OPEN COURT BASKETBALL 6:30pm-7:45pm (Gymnasium)			
6:45pm							
7:00pm							