



PA Fitness Queensgate Group Fitness Schedule



GGX Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30am - 10:30am Ryan POWER UP	8:30am - 9:30am Charlie ZUMBA	9:30am - 10:30am Ryan POWER UP	8:30am - 9:30am Charlie ZUMBA	8:30am - 9:30am Becky BARRE above	8:30am - 9:30am Alex Stretch and tone	9:30am - 10:30am Tammy YOGA
	9:30am - 10:30am Ryan TABATA BOOTCAMP	10:30am-11:30am Jackie Flex Stretch	9:30am - 10:30am Becky TABATA BOOTCAMP	9:30am - 10:30am Ryan Silver&Fit	9:30am - 10:30am Brooke STRENGTH	
5:30pm - 6:30pm Jackie POWER UP			10:45am-11:30am Alex BARRE INTENSITY			1:00pm - 2:00pm Charlie ZUMBA
6:30pm - 7:30 pm Darlene MOVEZ <i>Dance... Run... Fitness...</i>	6:00pm - 7:00pm Lori YogaLates	5:30pm - 6:30pm Brooke STRENGTH	5:30pm - 6:30pm Darlene MOVEZ <i>Dance... Run... Fitness...</i>			

Cycle Studio

			5:45am - 6:15am Kim P BIKE FLIGHT			8:00am - 8:30am Kim P BIKE FLIGHT
	5:30pm - 6:00pm Kim P BIKE FLIGHT					

KIDS CLUB HOURS

Monday - Saturday
8:30am - 11:30am
Monday - Thursday
4:30pm - 7:30pm



GYM HOURS

Monday - Friday
5:00am - 10:00pm
Saturday - Sunday
7:30am - 5:30pm

UPDATED 10-03-25 SUBJECT TO CHANGE!