

LA GRANGE FITNESS CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Indoor Cycle & Core 5:45AM-6:35AM Mandy RM 114 Max 17	Full Body Strength 5:45AM-6:35AM Mandy RM 110/111 Max 30	Indoor Cycle 8:00AM-8:50AM Julie RM 114 Max 17	Full Body Strength 5:45AM-6:35AM Halle/Janny RM 110/111 Max 32	Cardio Sculpt 6:00AM-6:50AM Michelle RM 110/111 Max 35	Butts, Guts & Back 7:40AM-8:30AM Mandy/Janny RM 110/111 Max 35	Zumba & Core 8:30AM-9:30AM Maria RM 110/111 Max 25
Indoor Cycle Core & Stretch 8:00AM-9:00AM Freya RM 113/114 Max 17	Cardio Sculpt 8:30AM-9:30AM Halle RM 110/111 Max 32	Strength Core & Balance 8:50AM-9:50AM Freya RM 110/111 Max 35	Pilates 8:45AM-9:35AM Julie RM 110/111 Max 35	AOA Fitness 7:00AM-7:50AM Nancy RM 110/111 Max 30	Boot Camp 8:40AM-9:30AM Laura RM 110/111 Max 35	Down to Core 9:40AM-10:30AM Michelle RM 110/111 Max 35
Full Body Strength 9:15AM-10:15AM Freya RM 110/111 Max 35	Gentle Yoga 9:50AM-10:40AM Marianne RM 110/111 Max 35	Zumba Gold 9:30AM-10:20AM Marianne RM 108/109 Max 30	Strength & Conditioning 9:45PM-10:35PM Julie RM 110/111 Max 35	Indoor Cycle & Stretch 8:30AM-9:20AM Freya RM 113/114 Max 17	Yoga* 9:40AM-10:40AM Freya RM 110/111 Max 35 Zoom Code 323520-11	Yoga 10:45AM-11:45AM Marie RM 110/111 Max 35
Yoga* 10:30AM-11:30AM Marianne RM 110/111 Max 35 Zoom code 323520-01	Muscles & Motion 11:00AM-12:00PM Freya/Laura RM 110/111 Max 35	Yoga 10:00AM-11:00AM Theresa RM 110/111 Max 35	Muscles & Motion 10:45AM-11:45AM Julie RM 110/111 Max 35	Yoga 9:30AM-10:30AM Freya RM 110/111 Max 35	Yoga 11:30AM-12:30PM Marianne RM 110/111 Max 35	
Full Body Strength 5:30PM-6:20PM Michelle RM 110/111 Max 35	Strength & Conditioning 5:30PM-6:20PM Sandy RM 110/111 Max 30	Chair Yoga 11:15AM-12:15PM Theresa RM 110/111 Max 25	Yoga 6:30PM-7:30PM Marie RM 110/111 Max 35	Gentle Yoga* 10:00AM-10:50AM Marianne RM Banquet Max 35 Zoom Code 323506-03		
Pilates 6:30PM-7:30PM Nancy RM 110/111 Max 35	Yoga* 6:30PM-7:30PM Freya RM Banquet Max 35 Zoom code 323520-03	Bare Strength 6:00PM-7:00PM Laura RM 110/111 Max 30				
	Move & Groove 6:35PM-7:35PM Maria RM 110/111 Max 35					

Strength

Cycle

Yoga

Pilates

Combo

Cardio

Group fitness classes will move to a first-come, first-served basis. Passes will be available at the Fitness Desk 30 minutes before class. Classes remain Free for La Grange Fitness members, with a drop-in fee for non-members.

Effective: May 1, 2026
 * Hybrid classes are offered in-person and virtually.

To receive your Zoom link, and attend virtually, please use the registration code provided.