

M GROUP FITNESS SCHEDULE M

MESA FITNESS CLIFTON

OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	BODYPUMP™ Jenelle 45 min (G)	STRENGTH DEVELOPMENT™ Catrina 45 min (G)	5:15 AM BODYPUMP™ CJ 45 min (G)	5:15 AM	8:00 AM SPRINT™ Maddie 30 min (S)
8:30 AM	8:30 AM	8:30 AM BARRE Jessica 55 min (G)	8:30 AM	8:30 AM	8:30 AM BODYPUMP™ Melanie 55 min (G)
9:30 AM BODYPUMP™ Clara 55 min (G)	9:30 AM BARRE Jessica 55 min (G)	9:30 AM BODYPUMP™ Sam 55 min (G)	9:30 AM Yoga / Pilates (BODYBALANCE™) Clara 55 min (G) NEW!	9:30 AM BODYCOMBAT™ Low Impact Brooke 55 min (G)	9:00 AM WATER FITNESS Vianne 55 min (P)
10:45 AM Silver Sneakers® Classic Donna 60 min (G)	10:45 AM ZUMBA® GOLD Larisa 55 min (G)	10:45 AM Silver Sneakers® Classic Donna 60 min (G)	10:45 AM ZUMBA® Misti 55 min (G)	10:45 AM Barre Jessica 55 min (G)	9:30 AM Yoga / Pilates (BODYBALANCE™) Clara 55 min (G) NEW!
2:00 PM	2:00 PM Silver Sneakers® Classic Donna 55 min (G)	2:00 PM	2:00 PM Silver Sneakers® Classic Donna 55 min (G)	2:00 PM	SUNDAY
3:15 PM	3:15 PM GENTLE YOGA Donna 60 min (G)	3:15 PM	3:15 PM GENTLE YOGA Donna 60 min (G)	3:15 PM GENTLE YOGA Donna 60 min (G)	8:30 AM GRIT™ STRENGTH Catrina 30 min (G)
5:30 PM BODYPUMP™ Express Tina 45 min (G)	5:30 PM BODYCOMBAT™ Tina 55 min (G)	5:30 PM STRENGTH DEVELOPMENT™ Sarah T. 45 min (G)	5:30 PM Barre Jenelle 45 min (G)	5:15 PM STRENGTH DEVELOPMENT™ Catrina 45 min (G)	9:30 AM RPM™ Karen 45 min (S)
5:30 AM SPRINT™ Annette 30 min (S)	5:30 AM SPRINT™ Sarah H. 30 min (S)	5:30 AM SPRINT™ Annette 30 min (S)	5:30 AM	5:30 AM SPRINT™ Sarah H. 30 min (S)	10:30 AM BODYBALANCE™ Karen 55 min (G)
9:15 AM	9:15 AM	9:15 AM	9:15 AM RPM™ Catrina 55 min (S)	9:15 AM	
5:30 PM SPRINT™ Catrina 30 min (S)	5:30 PM	5:30 PM	5:30 PM	5:30 PM	
9:00 AM WATER FITNESS Jasmine 55 min (P)	9:00 AM WATER FITNESS Vianne 55 min (P)	9:00 AM WATER FITNESS Jasmine 55 min (P)	9:00 AM WATER FITNESS Vianne 55 min (P)	9:00 AM WATER FITNESS Patty 55 min (P)	

Please be kind and courteous to others and refrain from talking once class has started. Thank you!

LEGEND

- (G) Group Fitness Studio
- (M) Mind & Body
- (S) Spin Studio
- (P) Pool
- (V) Les Mills Virtual
- NEW!** NEW Class, Program, or Instructor



Scan to see class descriptions!

