WEEKLY CLASS SCHEDULE

HENDRICK HEALTHCLUB

INSTRUCTOR-LED CLASSES | EFFECTIVE NOVEMBER 2026 | CLASS - TIME - COACH

LOCATION — S1 Studio 1 | S2 Studio 2 | CY Cycle | SO South

MONDAY 14

- BODYPUMP (S1) — 5:30 AM | Mary
- BODYBALANCE (S2) — 8:30 AM | Janae
- THE TRIP (CY) — 8:30 AM | Josh
- ACTIVE LIVING (S1) — 9:15 AM | Janet
- GENTLE YOGA (SO) — 9:30 AM | Kathy
- MAT PILATES (30 min) (SO) — 10:45 AM | Kathy
- BODYSTEP(30 min) (S1) — 11:30 AM | Ramie
- BODYPUMP (S1) — NOON | Mike & Sarah
- PARKINSON'S POWER MOVES (S1) — 2 PM & 3 PM | Susan
- THE TRIP (CY) — 4:30 PM | Linda
- BODYBALANCE (S2) — 5:30 PM | Lauren
- YIN YOGA / RESTORATIVE (SO) — 5:30 PM | Kathy
- BODYPUMP (S1) — 5:30 PM | Joseph & Seth

TUESDAY 10

- BODYCOMBAT (S1) — 5:30 AM | Rachael
- BODYPUMP HEAVY (S1) — 8:15 AM | Rachael & Jared
- CHAIR YOGA (SO) — 8:15 AM | Kathy
- ACTIVE LIVING (S1) — 9:15 AM | Janet
- ACTIVE YOGA (SO) — 9:30 AM | Terri
- GENTLE YOGA (S1) — 10:15 AM | Kathy
- BODYSTEP (S1) — NOON | Maddy & Johnny
- THRIVE (S1) — 4:30 PM | Janet/Jane
- THE TRIP (CY) — 5:30 PM | Ron
- BODYSTEP (S1) — 5:30 PM | Seth

WEDNESDAY 15

- THE TRIP (CY) — 5:30 AM | Rachael
- THRIVE (S1) — 8:30 AM | Leslie
- THE TRIP (CY) — 8:30 AM | Josh
- GENTLE YOGA (SO) — 9:30 AM | Kathy
- BODYBALANCE (S2) — 9:30 AM | Janae
- MAT PILATES (30 min) (SO) — 10:45 AM | Kathy
- CORE (S1) — 11:30 AM | Kalee
- BODYBALANCE (S2) — NOON | Kalee
- BODYCOMBAT (S1) — NOON | Ramie
- PARKINSON'S POWER MOVES (S1) — 2 PM & 3 PM | Susan
- THE TRIP (CY) — 4:30 PM | Janet
- THRIVE (SO) — 4:30 PM | Jane
- BODYPUMP (S1) — 4:30 PM | Madeline & Mary
- BODYPUMP HEAVY (S1) — 5:30 PM | Jared & Seth

THURSDAY 9

- CHAIR YOGA (SO) — 8:15 AM | Kathy
- BODYPUMP (S1) — 8:15 AM | Mike
- ACTIVE LIVING (S1) — 9:15 AM | Janet
- ACTIVE YOGA (SO) — 9:30 AM | Terri
- GENTLE YOGA (S1) — 10:15 AM | Kathy
- BODYSTEP (30 min) (S1) — 11:30 AM | Maddy/Johnny
- BODYPUMP (S1) — NOON | Sarah & Rachael
- THRIVE (S1) — 4:30 PM | Janet & Jane
- THE TRIP (CY) — 5:30 PM | Linda

FRIDAY 10

- BODYPUMP (S1) — 5:30 AM | Madeline
- THE TRIP (CY) — 8:15 AM | Leslie
- THRIVE (S1) — 9:15 AM | Leslie
- GENTLE YOGA (SO) — 9:30 AM | Kathy
- MAT PILATES (30 min) (SO) — 10:45 AM | Kathy
- CORE (S2) — 11:30 AM | Velvet
- BODYBALANCE (S2) — NOON | Velvet
- THE TRIP (CY) — NOON | Rachael
- PARKINSON'S POWER MOVES (S1) — 2 PM & 3 PM | Susan
- BODYPUMP (S1) — 4:30 PM | Jared & Joseph

SATURDAY 5

- CORE (S1) — 8:30 AM | Rachael
- THE TRIP (CY) — 9:15 AM | Rachael
- BODYPUMP HEAVY (S1) — 10:15 AM | Rachael & Mary
- BODYBALANCE (S2) — 11:15 AM | Leslie/Velvet

WEEKLY CLASS SCHEDULE

VIRTUAL CLASSES | EFFECTIVE AUGUST 2026 | CLASS - TIME - COACH

HENDRICK HEALTHCLUB

LOCATION — S1 Studio 1 — S2 Studio 2 — CY Cycle — SO South

MONDAY 12	TUESDAY 12	WEDNESDAY 9	THURSDAY 11	FRIDAY 10	SATURDAY 5
SPRINT CY 5:05 AM | 30 minutes	SPRINT CY 5:05 AM | 30 minutes	SPRINT CY 7:15 AM | 30 minutes	RPM CY 5:05 AM | 30 minutes	SPRINT CY 5:05 AM | 30 minutes	SPRINT CY 8:05 AM | 30 minutes
RPM CY 5:35 AM | 50 minutes	THE TRIP CY 5:35 AM | 40 minutes	SPRINT CY 9:45 AM | 30 minutes	THE TRIP CY 5:35 AM | 40 minutes	THE TRIP CY 5:30 AM | 40 minutes	SPRINT CY 8:30 AM | 30 minutes
THE TRIP CY 7:15 AM | 40 minutes	SPRINT CY 7:15 AM | 30 minutes	RPM CY 10:15 AM | 50 minutes	SPRINT CY 7:15 AM | 30 minutes	THE TRIP CY 7:15 AM | 40 minutes	BODYBALANCE SO 10 AM | 30 minutes
THE TRIP SO 8:30 AM | 40 minutes	SPRINT CY 8:30 AM | 30 minutes	RPM CY NOON | 50 minutes	SPRINT CY 8:30 AM | 30 minutes	THE TRIP SO 8:30 AM | 30 minutes	SPRINT CY NOON | 30 minutes
SPRINT CY 9:45 AM | 30 minutes	THE TRIP CY 9:45 AM | 30 minutes	THE TRIP CY 5:30 PM | 40 minutes	THE TRIP CY 9:45 AM | 30 minutes	SPRINT CY 9:45 AM | 30 minutes	RPM CY 12:30 PM | 30 minutes
THE TRIP CY 10:15 AM | 40 minutes	BODYPUMP SO NOON | 30 minutes	BODYCOMBAT SO 5:45 PM	THE TRIP CY NOON	RPM CY 10:15 AM | 50 minutes	
THE TRIP CY NOON | 40 minutes	THE TRIP CY NOON | 40 minutes	THE TRIP CY 6:30 PM | 40 minutes	THE TRIP SO NOON | 40 minutes	BODYPUMP SO NOON | 30 minutes	
THE TRIP SO NOON | 40 minutes	BODYBALANCE SO 12:30 PM | 30 minutes	SPRINT CY 8 PM | 30 minutes	BODYBALANCE SO 4 PM	BODYBALANCE SO 12:30 PM | 30 minutes	
THE TRIP SO 4:30 PM | 40 minutes	SPRINT CY 4:30 PM | 30 minutes		THE TRIP CY 4:30 PM | 40 minutes	THE TRIP CY 5:30 PM | 40 minutes	
RPM EXPRESS CY 5:35 PM	BODYPUMP SO 5 PM		SPRINT CY 6:30 PM | 30 minutes	RPM CY 6:30 PM | 50 minutes	
THE TRIP CY 6:30 PM | 40 minutes	THE TRIP CY 6:30 PM | 40 minutes		RPM CY 8 PM | 30 minutes		
SPRINT CY 8 PM | 30 minutes	RPM CY 8 PM | 30 minutes				