

December 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00am		8:15am *Cycle <i>Sarah</i>		8:15am *Cycle <i>Sarah</i>		8:30am *Barre <i>Therese</i>
9:00-10:00am	9am *Yoga <i>Therese</i>	9am *Barre <i>Therese</i>	9am *Gentle Yoga <i>Therese</i>	9am *Cardio & Strength <i>Sarah</i>	9am *Yoga Flow <i>Therese</i>	9:30am Yoga Flow <i>Therese</i>
10:00-11:00am	10am *Pilates <i>Therese</i>	10am *Yoga Flow <i>Therese</i>	10am *Pilates <i>Therese</i>	10am *Gentle Yoga <i>Sarah</i>	10am Chair Yoga & Strength <i>Therese</i>	
11:00a-12:00p	11am Chair Yoga & Strength <i>Therese</i>	11am *Pilates <i>Therese</i>	11am *Cardio & Strength <i>Sarah</i>			
5:30-6:30pm		5:30pm Cycle and Core <i>Madison</i>	5:30pm *Cycle <i>Madison</i>	5:30pm Pilates <i>Therese</i>		
	Hours: Monday - Thursday 6am - 7pm Friday 6am - 5pm Saturday & Sunday 9am - 1pm		* 45 minute class Please check the Mindbody app for updated holiday class schedule HOLIDAY HOURS: 12/24 & 12/31 CLOSING at 12pm 12/25 & 01/01 CLOSED		Contact us: 301-432-5206 staff.fitinboonsboro@gmail.com 	