

August 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00am	6:15-7am *Circuit Training <i>Madison</i>		6:15-7am *Circuit Training <i>Madison</i>		6:15-7am *Circuit Training <i>Madison</i>	
8:00-9:00am	8:30am *Pilates <i>Therese</i>	8:30am Cycle <i>Sarah</i>	8:30am **Core Conditioning <i>Sarah</i>	8:30am Cycle <i>Sarah</i>	8:30am *Barre <i>Therese</i>	8:30am *Barre <i>Therese</i>
9:00-10:00am	9:30am *Yoga Flow <i>Therese</i>	9:30am *Fit Strength <i>Sarah</i>	9am Cardio & Strength <i>Sarah</i>	9:30am *Fit Strength <i>Sarah</i>	9:30am *Yoga Flow <i>Therese</i>	9:30am Yoga Flow <i>Therese</i>
10:00-11:00am	10:30am Chair Yoga & Strength <i>Therese</i>	10:30am *Yoga Flow <i>Therese</i>	10am *Pilates <i>Therese</i>	10:30am *Gentle Yoga <i>Sarah</i>	10:30am Chair Yoga & Strength <i>Therese</i>	
11:00a-12:00p			11am Gentle Yoga <i>Therese</i>			
4:30- 5:30pm	4:45pm Cardio & Strength <i>Madison</i>	5:00pm **Core Conditioning <i>Sarah</i>		4:45pm *Yoga Strength <i>Therese</i>		
5:30-6:30pm		5:30pm **Cycle Express <i>Sarah</i>	5:30pm *Cycle <i>Julia</i>	5:30pm Pilates <i>Therese</i>		
	Monday - Thursday 6am - 7pm Friday 6am - 6pm Saturday 8am - 1pm Sunday 9am - 1pm		** 30 minute class * 45 minute class		Contact us: 301-432-5206 staff.fitinboonsboro@gmail.com fitinboonsboro.com	