MOMENTUM FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30	Boot Camp Alisha	BodyCombat Kerry	Boot Camp Alisha	BodyCombat Kerry	Boot Camp Alisha			5:30
6:30	Boot Camp Sherry	BodyPump (60 mins) Kristine	Boot Camp Sherry	BodyPump (60 mins) Kristine	Boot Camp Sherry			6:30
8:00	Boot Camp Sherry	Yoga Char	Boot Camp Sherry		Boot Camp Sherry			8:00
8:15						Yoga Char		8:15
9:15						BodyPump (60 mins) Sherry & Tracy	BodyCombat (60 mins) Kerry	9:15
10:30						DNX Dance Fitness (60 mins) Danny		10:30
4:30							Yoga Teckla	4:30
5:30	Boot Camp Julia	BodyPump Leanna	BodyCombat Julia	BodyPump Tracy				5:30
6:30	BodyCombat Julia	Les Mills Core (30 mins) Sherry	Boot Camp Julia	Les Mills Core (30 mins) Rotation/Team				6:30
7:15		DNX Dance Fitness (60 mins) Danny		Yoga Teckla				7:15

Momentum Fitness App

All classes are 45 minutes unless otherwise indicated.

Classes are subject to change or cancellation. Check the Momentum Fitness app or MindBody online for *live* schedule.

EFFECTIVE 10/14/26

Frequently Asked Questions