



GROUP FITNESS SCHEDULE

Schedule may change at any time; please reference the website for the most updated version: <https://starport.jsc.nasa.gov/>

Monday				
Time	Class	Location	Instructor	Mins
5:45am	<i>Opiele</i>	Cycle City	Melanie	45mins
6am*	ROOT CAMP	Gym	Mae	60mins
9am	Strength & Mobility	Energy Lab	Vicky/Luis	50mins
11am	Crank it Up <i>Opiele</i>	Cycle City	Erin/Meghan	30mins
11:30am	LES MILLS CXWORX	Energy Lab	Erin/Luca	30mins
11:30am	Yoga	Zen Den	Vicky	50mins
4:30pm	LES MILLS BODYCOMBAT	Energy Lab	Anna/Adonis	50mins
5:30pm	Dance Jam	Energy Lab	Heather	50mins
5:30pm	<i>Opiele</i>	Cycle City	George	45mins
5:30pm	Yoga	Zen Den	Anita	50mins
6:30pm	LES MILLS BODYPUMP	Energy Lab	Leslie	50mins

Tuesday				
Time	Class	Location	Instructor	Mins
6am	Yoga	Zen Den	Laura	50mins
8am	Active Adults	Energy Lab	Jim	50mins
11am	LES MILLS BODYPUMP	Energy Lab	Carissa	45mins
11:30am	Pilates	Zen Den	Tracy	50mins
12:15pm	Taekwondo	Energy Lab	Steve/Melissa	50mins
4:30pm	ZUMBA	Energy Lab	Tiffany	50mins
4:30pm	<i>Opiele</i>	Cycle City	Melanie	45mins
5:30pm	<i>Opiele</i>	Cycle City	Andy	45mins
5:30pm	LES MILLS BODYFLOW	Zen Den	Carissa	50mins
5:30pm	LES MILLS BODYCOMBAT	Energy Lab	Dana	30mins
6:00pm	LES MILLS CXWORX	Energy Lab	Dana	30mins

Wednesday				
Time	Class	Location	Instructor	Mins
5:45am	<i>Opiele</i>	Cycle City	Andy	45mins
6am*	ROOT CAMP	Gym	Mae	60mins
8am	Strength & Mobility	Energy Lab	Mae	50mins
11:30am	Yoga Sculpt	Zen Den	Jessica/Erin	50mins
4:30pm	LES MILLS BODYCOMBAT	Energy Lab	Carissa	50mins
4:30pm	LES MILLS BODYFLOW EXPRESS	Zen Den	Chloe	45mins
5:30pm	Crank it Up <i>Opiele</i>	Cycle City	Jessica/Meghan	45mins
5:30pm	LES MILLS BODYPUMP	Energy Lab	Leslie	50mins

Thursday				
Time	Class	Location	Instructor	Mins
6am	Yoga	Zen Den	Laura	50mins
8am	Active Adults	Energy Lab	Jim	50mins
11am	LES MILLS BODYPUMP	Energy Lab	Luca	45mins
11:30am	Pilates	Zen Den	Tracy	50mins
12:15am	Taekwondo	Energy Lab	Melissa/Steve	50mins
5pm	<i>Opiele</i>	Cycle City	Crystal	45mins
5pm	U-JAM	Energy Lab	Gail	50mins
5:30pm	LES MILLS BODYFLOW	Zen Den	Luca	50mins
6pm	GRIT CARDIO	Energy Lab	Leslie	30mins
6:30pm	LES MILLS BODYPUMP EXPRESS	Energy Lab	Leslie	30mins

Friday				
Time	Class	Location	Instructor	Mins
5:45am	<i>Opiele</i>	Cycle City	Jessica	45mins
6am	ROOT CAMP	Gym	Ari	60mins
11am	LES MILLS BODYCOMBAT	Energy Lab	Dana	30mins
11:30am	LES MILLS CXWORX	Energy Lab	Dana	30mins
11:30am	Yoga	Zen Den	Vicky	50mins
11:45am	<i>Opiele</i>	Cycle City	Crystal	45mins
12:15pm	Taekwondo	Energy Lab	Stan/Melissa	50mins
4:30pm	LES MILLS BODYPUMP	Energy Lab	Leah	50mins
5:30pm	Yoga	Zen Den	Laura	50mins

Saturday				
Time	Class	Location	Instructor	Mins
8:30am	<i>Opiele</i>	Cycle City	Melanie	45mins
8:30am	LES MILLS BODYFLOW	Zen Den	Leslie/Chloe	50mins
9am	Cardio Blast	Energy Lab	Jennifer	50mins
10am	LES MILLS BODYPUMP	Energy Lab	Leslie/Jill	50mins

Sunday				
Time	Class	Location	Instructor	Mins
8:30am	<i>Opiele</i>	Cycle City	Crystal/Vicky/Luis	45mins
9:30am	POP PILATES	Zen Den	Jill	50mins

HOURS OF OPERATION
Monday-Friday 5am-10pm
Saturday/Sunday 8am-8pm

*** All classes listed in bold are Fee (\$) based instructional programs**
 For more information on these classes, please visit our website
<https://starport.jsc.nasa.gov/en/health-fitness/fitness-services/schedules> or call 281-483-0304