

Wake Forest GROUP FITNESS

FALL 2026 SCHEDULE

MON



WAKE CYCLE
8-8:30AM



POWER PILATES
12:05-12:50PM



BODYPUMP HVY*
12:05-12:35PM



STRENGTH & STRETCH
12:35-12:50PM



BODYPUMP*
4-4:45PM



YOGA SCULPT
4:15-5PM



WAKE CYCLE
4:30-5:15PM



VINYASA FLOW
5:30-6:15PM

TUE



WAKE CYCLE
7-7:45AM



PILATES
12:05-12:50PM



VIRTUAL BODYPUMP*
12:05-12:35PM



BODY SCULPT
4-4:45PM



WAKE CYCLE
4:30-5:15PM



CARDIO DANCE
5-5:45PM



VINYASA FLOW
5:15-6PM



WAKE CYCLE
6-6:30PM

WED



WAKE CYCLE
8-8:45AM



POWER PILATES
9-9:45AM



VINYASA FLOW
12:05-1:05PM



BODYPUMP*
4-4:45PM



VINYASA FLOW
4:15-5PM



WAKE CYCLE
4:30-5:15PM



CARDIO DANCE
5-5:45PM



BARRE
5:15-6PM



VINYASA FLOW
6:15-7PM

THU



BODYPUMP*
12:05-12:50PM



PILATES
12:05-12:50PM



BODY SCULPT
4-4:45PM



WAKE CYCLE
4:30-5:15PM



SHAPES*
5:15-6PM



VINYASA FLOW
5:30-6:15PM



WAKE CYCLE
6-6:45PM

FRI



VINYASA FLOW
12:05-12:50PM



BODYPUMP*
3-3:45PM



BARRE
4-4:45PM

SUN



WAKE CYCLE
4-4:45PM

CYCLE STUDIO
B251

MINDBODY STUDIO
B203

GROUP FITNESS STUDIO
B201

**VIEW OUR LATEST
SCHEDULE ONLINE!**

Classes are subject to change.

*Les Mills class

Classes operate on a first-come, first-serve basis!

Listed time is class start time

