



OXFORD ATHLETIC CLUB
DESIGNED FOR LIFE IN MOTION.

GROUP CLASS SCHEDULE

EFFECTIVE AUGUST 18, 2026 | REVISED SEPTEMBER 15, 2026

ROOM KEY

PULSE	RIDE	IMPACT	BALANCE	PERFORMANCE
ELEVATE	AQUA	FUSION	ZEN	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:45AM LES MILLS BODYPUMP PULSE LINDSEY M.	5:00-5:45AM RIDE RIDE JOE K.	5:45-6:45AM LES MILLS BODYPUMP PULSE LINDSEY M.	5:00-5:45AM RIDE RIDE JOE K.	5:45-6:45AM LES MILLS BODYPUMP PULSE STACEY G.	6:15-7:00AM RIDE RIDE JOE K.	8:00-9:00AM LES MILLS BODYPUMP PULSE LINDSEY M.
6:00-6:45AM BOX-N-BURN IMPACT STACEY G.	6:00-6:45AM RIDE RIDE JOE K.	6:00-6:45AM BOX-N-BURN IMPACT STACEY G.	6:00-6:45AM RIDE RIDE JOE K.	6:00-6:45AM RIDE RIDE ELLE W.	7:15-8:00AM RIDE RIDE JOE K.	8:15-9:00AM RIDE RIDE RONI C.
6:00-7:00AM THRIVE 6AM PERFORMANCE STUDIO ALEX B.	6:00-7:00AM THRIVE 6AM PERFORMANCE STUDIO BENJAMIN K.	6:00-7:00AM THRIVE 6AM PERFORMANCE STUDIO BEN M.	6:00-7:00AM THRIVE 6AM PERFORMANCE STUDIO ALEX B.	6:00-6:45AM BOX-N-BURN IMPACT JOYCE W. - BEGINS SEPTEMBER 1	8:00-9:00AM FUSION BASKETBALL COURT (R) RYAN M.	9:00-10:00AM ADULT SPORTS CONDITIONING PERFORMANCE STUDIO MACHAELA S.
7:00-7:45AM LES MILLS TRIP RIDE STACEY G.	6:15-7:15AM LES MILLS BODYPUMP PULSE STACEY G.	7:00-7:30AM LES MILLS SPRINT RIDE STACEY G.	6:15-7:15AM LES MILLS BODYPUMP PULSE PAM D.	6:00-7:00AM THRIVE 6AM PERFORMANCE STUDIO BEN M.	8:00-9:00AM THRIVE 8AM PERFORMANCE STUDIO BEN M.	9:00-10:00AM AMPED UP BOXING IMPACT RONI R.
8:00-9:00AM AQUA COMBO OUTDOOR AQUATICS RICHELE W.	6:30-7:30AM FUSION BASKETBALL COURT (R) RYAN M.	7:30-8:00AM LES MILLS CORE PULSE ELICIA T.	6:30-7:15AM FUSION + TRX ELEVATE RYAN M.	7:00-7:45AM LES MILLS CORE 45 MIN FORMAT PULSE ELLE W.	8:15-9:00AM LES MILLS BODYPUMP PULSE LINDSEY M.	9:15-10:15AM LES MILLS BODYPUMP PULSE INSTRUCTOR ROTATES
8:00-9:00AM AQUA AEROBICS INDOOR POOL INSTRUCTOR ROTATES	7:30-8:00AM LES MILLS SPRINT RIDE STACEY G.	8:00-9:00AM AQUA COMBO OUTDOOR AQUATICS RICHELE W.	7:30-8:00AM LES MILLS SPRINT RIDE PAM D.	7:00-7:45AM LES MILLS TRIP RIDE STACEY G.	8:30-9:15AM BOX-N-CORE IMPACT RYAN D.	10:15-11:15AM AMPED UP BOXING IMPACT RYAN R.
8:15-9:00AM BOX-N-BURN IMPACT SHANNON	8:00-9:00AM AQUA COMBO OUTDOOR AQUATICS BEVERLY G.	8:00-9:00AM AQUA AEROBICS INDOOR POOL INSTRUCTOR ROTATES	8:00-9:00AM AQUA AEROBICS INDOOR POOL INSTRUCTOR ROTATES	8:00-9:00AM AQUA COMBO OUTDOOR AQUATICS PAM D.	9:00-10:00AM AQUA COMBO OUTDOOR AQUATICS RICHELE W.	10:30-11:15AM RIDE RIDE HEATHER A.
8:15-9:00AM RIDE RIDE INSTRUCTOR ALTERNATES	8:00-9:00AM AQUA AEROBICS INDOOR POOL INSTRUCTOR ROTATES	8:15-9:00AM LES MILLS BODYSTEP PULSE ELICIA T.	8:15-9:00AM LES MILLS BODYCOMBAT PULSE ELICIA T.	8:00-9:00AM AQUA AEROBICS INDOOR POOL INSTRUCTOR ROTATES	9:00-10:00AM THRIVE 9AM PERFORMANCE STUDIO BEN M.	11:00AM-12:00PM THRIVE 11AM PERFORMANCE STUDIO ARTHUR S.
9:00-10:00AM AQUA ZUMBA OUTDOOR AQUATICS DANA M.	8:15-9:00AM LES MILLS BODYPUMP PULSE RONI C.	8:30-9:30AM THRIVE PERFORMANCE STUDIO MOSES O.	8:30-9:30AM THRIVE PERFORMANCE STUDIO CASEY A.	8:15-9:00AM BOX-N-BURN IMPACT MARIA B.	9:15-10:15AM FUSION BASKETBALL COURT (R) RYAN M.	12:00-12:45PM LES MILLS TRIP RIDE NANCY K.
9:15-10:15AM "TRIPLE THREAT" BOXING+CORE+STRENGTH IMPACT SHANNON	8:15-9:00AM TRX ELEVATE ELICIA T.	9:00-10:00AM AQUA COMBO OUTDOOR AQUATICS RONI C.	9:00-10:00AM AQUA DEEP OUTDOOR AQUATICS PAM D.	8:15-9:00AM RIDE RIDE STACEY G.	9:15-10:15AM LES MILLS BODYPUMP PULSE MANDY S.	12:00-1:00PM THRIVE 12PM PERFORMANCE STUDIO BENJAMIN K.
9:15-10:15AM LES MILLS BODYPUMP PULSE ELICIA T.	8:30-9:30AM THRIVE PERFORMANCE STUDIO MEGAN M.	9:15-10:00AM BOX-N-BURN IMPACT STACEY G.	9:15-10:00AM BOX-N-BURN IMPACT JOYCE W.	9:00-10:00AM AQUA FUSION OUTDOOR AQUATICS DANA M.	9:30-10:00AM BOX-N-CORE 30 IMPACT RYAN D.	
9:15-10:15AM TRX ELEVATE RONI C.	9:00-10:00AM AQUA COMBO OUTDOOR AQUATICS PAM D.	9:15-10:00AM TRX ELEVATE ELICIA T.	9:15-10:00AM RIDE RIDE RONI C.	9:15-10:15AM "TRIPLE THREAT" BOXING+CORE+STRENGTH IMPACT STACEY G.	9:30-10:15AM LES MILLS TRIP RIDE MICHAEL M.	
9:30-10:15AM LES MILLS TRIP RIDE PAM D.	9:15-10:00AM BOX-N-BURN IMPACT JOYCE W.	9:15-10:15AM ZUMBA PULSE CARMEL B.	9:15-10:15AM LES MILLS BODYPUMP PULSE ELICIA T.	9:15-10:15AM PIYO + LES MILLS CORE BALANCE RONI C.	10:30AM-12:00PM ZUMBA PULSE INSTRUCTOR ROTATES	
9:30-10:30AM THRIVE 9:30AM PERFORMANCE STUDIO MEGAN M.	9:15-10:00AM LES MILLS BODYCOMBAT PULSE ELICIA T.	9:30-10:15AM LES MILLS TRIP RIDE PAM D.	9:30-10:30AM THRIVE 9:30AM PERFORMANCE STUDIO MEGAN M.	9:15-10:15AM ZUMBA PULSE HEATHER A.	10:45-11:30AM LES MILLS CORE 45 MIN FORMAT BALANCE ELLE W.	
10:30-11:00AM LES MILLS CORE PULSE ELICIA T.	9:15-10:00AM RIDE RIDE RONI C.	9:30-10:30AM THRIVE 9:30AM PERFORMANCE STUDIO ALEX B.	10:00-11:00AM AQUA ZUMBA OUTDOOR AQUATICS DANA M.	9:30-10:15AM LES MILLS TRIP RIDE PAM D.	10:45-11:30AM LES MILLS TRIP RIDE MICHAEL M.	
10:30-11:15AM TRX FOUNDATIONS ELEVATE MELISSA P.	9:30-10:30AM THRIVE 9:30AM PERFORMANCE STUDIO MOSES O.	10:15-11:00AM R.I.S.E. FUNCTIONAL STRENGTH BALANCE MELISSA P.	10:15-11:00AM R.I.S.E. BALANCE FUSION ELEVATE MELISSA P.	9:30-10:15AM TRX ELEVATE MELISSA P.	11:00AM-12:00PM THRIVE 11AM PERFORMANCE STUDIO BENJAMIN K.	
11:15AM-12:00PM LES MILLS BODYPUMP PULSE PAM D.	10:15-11:00AM R.I.S.E. BALANCE FUSION ELEVATE MELISSA P.	10:15-11:00AM R.I.S.E. BOXING FOR LIFE IMPACT MELISSA P.	10:30-11:00AM LES MILLS CORE PULSE PAM D.	9:30-10:30AM THRIVE 9:30AM PERFORMANCE STUDIO ZACK M.	11:45AM-12:45PM LES MILLS BODYPUMP PULSE KATIE H.	
11:30AM-12:15PM R.I.S.E. FUNCTIONAL STRENGTH BALANCE MELISSA P.	10:30-11:30AM ZUMBA PULSE LYNETTE B.	10:30-11:30AM LES MILLS BODYPUMP PULSE PAM D.	11:15AM-12:00PM R.I.S.E. BALANCE FOR FUNCTIONAL LIVING BALANCE MELISSA P.	10:30-11:15AM R.I.S.E. FUNCTIONAL STRENGTH BALANCE MELISSA P.		
12:00-12:45PM RING READY IMPACT MEGAN W.	11:15AM-12:00PM R.I.S.E. BALANCE & STABILITY BALANCE MELISSA P.	11:15AM-12:00PM R.I.S.E. CORE FUSION BALANCE MELISSA P.	12:00-12:45PM LES MILLS BODYPUMP PULSE MANDY S.	10:30-11:30AM LES MILLS BODYPUMP PULSE RONI C.		
12:00-1:00PM THRIVE 12PM PERFORMANCE STUDIO BRANDON C.	12:00-12:45PM LES MILLS TRIP RIDE PAM D.	12:00-12:45PM TRX ELEVATE TAYLOR K.	12:00-1:00PM THRIVE 12PM PERFORMANCE STUDIO MOSES O.	11:30AM-12:15PM R.I.S.E. MAT CORE BALANCE MELISSA P.		
12:30-1:15PM ZUMBA GOLD BALANCE CARMEL B.	12:00-1:00PM THRIVE 12PM PERFORMANCE STUDIO TEAM ROTATION	12:00-1:00PM THRIVE 12PM PERFORMANCE STUDIO IAN D.	12:15-1:00PM R.I.S.E. DANCE FITNESS BALANCE MELISSA P.	12:00-1:00PM THRIVE 12PM PERFORMANCE STUDIO BRANDON C.		
4:45-5:30PM RIDE RIDE ELLE W.	12:15-1:00PM R.I.S.E. POWER & STRENGTH PULSE MELISSA P.	5:00-5:45PM LES MILLS TRIP RIDE ELICIA T.	5:30-6:15PM ZUMBA PULSE LINDSAY Z.	5:30-6:15PM LES MILLS SPRINT RIDE MIKE M. - BEGINS SEPTEMBER 11		
5:30-6:15PM LES MILLS BODYPUMP PULSE MANDY S.	5:15-6:00PM LES MILLS BODYPUMP PULSE INSTRUCTOR ROTATES	5:30-6:30PM THRIVE 5:30PM PERFORMANCE STUDIO STEVE O.	5:30-6:30PM THRIVE 5:30PM PERFORMANCE STUDIO ARTHUR S.			
5:30-6:15PM TRX ELEVATE LESLIE J.	5:30-6:30PM THRIVE 5:30PM PERFORMANCE STUDIO ARTHUR S.	5:45-6:30PM LES MILLS BODYPUMP PULSE MANDY S.	6:00-7:00PM AMPED UP BOXING IMPACT RYAN R.			
5:30-6:30PM THRIVE 5:30PM PERFORMANCE STUDIO ALYSSA	6:00-7:00PM BOX-N-BURN IMPACT RYAN R.	6:00-6:30PM BOX-N-CORE 30 IMPACT RYAN D.	6:30-7:15PM LES MILLS TRIP RIDE NANCY K.			
6:30-7:15PM BOX-N-BURN IMPACT MARIA B.	6:15-7:00PM LES MILLS CORE 45 MIN FORMAT PULSE ELLE W.	6:00-6:30PM LES MILLS SPRINT RIDE LINDSEY W.	6:30-7:30PM LES MILLS BODYPUMP PULSE KRISTINE H.			
6:30-7:15PM LES MILLS TRIP RIDE MICHAEL M.	6:15-7:00PM LES MILLS TRIP RIDE NANCY K.	6:00-6:45PM TRX ELEVATE ELICIA T.				
6:30-7:30PM ZUMBA PULSE INSTRUCTORS ROTATE - THEME CLASS	7:15-8:00PM LES MILLS BODYPUMP PULSE ELLE W.	6:45-7:15PM BOXING MITT WORK 30 IMPACT RYAN D.		* SECOND FRIDAY AERIAL YOGA ZEN TIME VARIES - RONI C.	* THIRD SATURDAY AERIAL YOGA ZEN TIME VARIES - RONI C.	

* AERIAL YOGA IS TYPICALLY HELD ON THE SECOND FRIDAY AND THIRD SATURDAY OF EACH MONTH; DATES AND TIMES ARE SUBJECT TO CHANGE BASED ON EVENTS AND RONI'S SCHEDULE.

AQUA NOTE: INDOOR AQUA AEROBICS RESUMES AFTER THE INDOOR POOL REOPENS SEPTEMBER 8.