



Club Life

June 2026 • Fremont

Your Best Baycation Yet

Swim, play, unwind. No travel required.



Club Highlights

Family Yoga

Bring the whole family together for a complimentary class where kids ages 6+, parents, and grandparents can explore balance and flexibility.

Qigong & Breathing Meditation

Join us every Wednesday at 5:30 pm to reset with calming breathwork and mindful movement designed to release tension and restore energy.

Strike Like Lightning

Power through a high-energy workout blending kickboxing and cardio conditioning for a fun, full-body burn. Open to all fitness levels.





Summer Camps Are Here!

From full weeks to single-day options, it's the place to be for all-day activity and fun with friends.

There's still time to grab a spot.

June 2026

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Strength & Conditioning 6:15 am-7:05 am Barre 8:00 am-8:50 am Vinyasa Yoga 10:00 am-10:50 am	2 Boot Camp 6:15 am-7:05 am Road Ride 8:00 am-8:50 am CIRCL Mobility 11:00 am-11:50 am	3 Heated Vinyasa Yoga 6:15 pm-7:05 pm Pure Strength 9:00 am-9:50 am Pilates Core for Athletes 11:00 am-11:50 am	4 Group Power 7:45 am-8:35 am Aqua Fit 10:00 am-10:50 am Pure Strength 12:00 pm-12:50 pm	5 Kickboxing Express 9:00 am-9:50 am Vinyasa Yoga 10:00 am-11:15 am Road Ride 4:00 pm-4:50 pm	6 Heated Barre 8:00 am-8:50 am Cycling Endurance Class 9:30 am-10:45 am Family Yoga 11:30 am-12:30 pm
7 Heated Yoga Sculpt 8:00 am-8:50 am Aqua Fit 9:00 am-9:50 am Tai Chi 11:30 am-12:30 pm	8 Strong Nation 9:00 am-9:50 am LaBlast Chair 11:00 am-11:50 am Barre Fusion 4:00 pm-4:50 pm	9 Bars & Bells 4:30 pm-5:20 pm Yin Yoga 5:30 pm-6:20 pm Group Power 7:30 pm-8:20 pm	10 Brazilian Beats 9:00 am-9:50 am HIIT 10:00 am-10:50 am Body Blast 5:30 pm-6:20 pm	11  World's Game Kicks Off LaBlast Silk 11:00 am-11:50 am Adults Drills & Live Ball: 3.0-3.5 6:30 pm-8:00 pm	12 Heated HIIT 12:00 pm-12:50 pm Adaptive Tai Chi Flow 4:30 pm-5:20 pm BomBay Jam 5:30 pm-6:20 pm	13 Zumba 9:00 am-9:50 am Kardio Kickboxing 10:15 am-11:05 am Shakti Yoga Flow 10:15 am-11:30 am
14 Mobility & Movement 9:00 am-9:25 am Hatha Yoga 10:00 am-10:50 am BomBay Jam 11:00 am-11:50 am	15 LaBlast Dance 10:00 am-10:50 am Strength & Conditioning 11:00 am-11:50 am Ignite 5:30 pm-6:20 pm	16 Balance Sculpt 9:00 am-9:50 am Pure Strength 12:00 pm-12:50 pm Heated Barrelates 5:30 pm-6:20 pm	17 Heated Yoga Sculpt 8:00 am-8:50 am Vinyasa Yoga 12:00 pm-12:50 pm Mat Pilates 4:30 pm-5:20 pm	18 Heated Pop Pilates 5:30 pm-6:20 pm Heated Vinyasa Yoga 6:30 pm-7:20 pm Aqua Fit 6:30 pm-7:20 pm	19 Heated Sculpt & Flow 7:15 pm-8:05 pm Pilates Unreformed Flow 11:30 am-12:20 pm BomBay Jam 5:30 pm-6:20 pm	20 Core & More 9:05 am-9:55 am BomBay Jam 10:15 am-11:05 am Family Yoga 11:30 am-12:30 pm
21 First Official Day of Summer Father's Day UJAM 9:00 am-9:50 am Core and Stretch 10:00 am-10:50 am Heated Yin Yoga 11:00 am-12:15 am	22 LaBlast Dance 10:00am-10:50am Heated Mat Pilates 12:00 pm-12:50 pm Power Cycling 6:30 pm-7:20 pm	23 Zumba 10:00 am-10:50 am 7:30 pm-8:20 pm Aqua Fit 6:30 pm-7:20 pm	24 Chair Conditioning 11:00 am-11:50 am Heated HIIT 12:00 pm-12:50 pm Hatha Yoga, Breath Work & Meditation 7:45 pm-8:35 pm	25 Group Power 7:45 am-8:35 am Barre Fusion 9:00 am-9:50 am Power Kickboxing with Bags 5:30 pm-6:20 pm	26 Zumba 10:00 am-10:50 am Road Ride 4:00 pm-4:50 pm Heated Yin Yoga 6:00 pm-6:50 pm	27 Heated HIIT 9:00 am-9:50 am Aqua Fit 9:00 am-9:50 am Shakti Yoga Flow 10:15 am-11:30 am
28 UJAM 9:00 am-9:50 am Hatha Yoga 10:00 am-10:50 am Tai Chi 11:30 am-12:20 pm	29 Aqua Fit 9:00 am-9:50 am Strong and Mobile 6:30 pm-7:20 pm BomBay Jam 7:30 pm-8:20 pm	30 Heated Barre Fusion 11:00 am-11:50 am Yin Yoga 5:30 pm-6:20 pm Group Power 7:30 pm-8:20 pm	1	2	 <h3>June Member Perk</h3> <p>Enjoy 20% member-only savings on MiiR drinkware, accessories, and more.</p>	