Enjoy LIFE

FITNESS CLASS CALENDAR

NOVEMBER 2026



Health Management Department
(671) 477 - 5091 ext. 1185
enjoylife@staywellguam.com
staywellguam.com

HEALTH MANAGEMENT PROGRAM
Exclusive to StayWell members!

StayWell INSURANCE

NOVEMBER 2026

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Enjoy LIFE

FITNESS CLASS CALENDAR

	SUN	MON	TUE	WED	THU	FRI	SAT
URBAN FITNESS GUAM		**7:00 AM** Personal Training **8:15 AM** Tone **9:30 AM** CrossTraining **10:30 AM** Personal Training **12:00 PM** UrbanFit **5:30PM** UrbanFit	**6:00 AM** UrbanFit **7:00 AM** Personal Training **8:15 AM** Surge Fit **9:30 AM** Open Gym **12:00 PM** Spin **5:30PM** Open Gym	**7:00 AM** Personal Training **8:15 AM** Upbeat Barre **9:30 AM** Personal Training **12:00 PM** Power Press **5:30PM** Tabata	**6:00 AM** Tabata **7:00 AM** Personal Training **8:15 AM** Bootcamp / TRX **9:30 AM** Open Gum **12:00PM** Spin **5:30PM** Open Gym	**7:00 AM** Personal Training **8:15 AM** High Fitness **9:30 AM** Personal Training **12:00PM** Cross Training **5:30PM** Open Gym	**9:00 AM** Power Press
TPA		**DEDEDO BASKETBALL COURT** **6:30PM** Zumba	**DEDEDO BASKETBALL COURT** **6:30PM** Zumba Toning	**DEDEDO BASKETBALL COURT** **6:00PM** lb. 20/30	**DEDEDO BASKETBALL COURT** **6:30PM** Strong by Zumba		
INTERNATIONAL SPORTS CENTER	**9:00 AM** Mat Pilates **10:00 AM** R Vital Fitness **12:30 PM** Tahitian Fitness	**5:00 AM** Mat Pilates **12:00 PM** Spin Class **5:00 PM** Judo - Kids **6:00 PM** Spin class **6:30PM** Judo - Adults	**10:00 AM** Bollywood Burn **5:00 PM** Kickboxing **5:30 PM** Wrestling **5:30 PM** R Vital Fitness **6:00 PM** Spin Class	**5:00 AM** Mat Pilates **5:00 PM** Judo - Kids **6:30 PM** Judo - Adults	**5:00 PM** Kickboxing **5:30 PM** Wrestling **6:00 PM** Spin Class	**12:00 PM** Tahitian Fitness Spin Class **5:00 PM** Judo - Kids **6:30 PM** Judo - Adults	**7:30 AM** HIIT Class **10:00 AM** Kickboxing **11:15 AM** Mat Pilates **4:30 PM** Bollywood Burn
GUAM MUAY THAI SITPONGSAN EK.YOUTH							**12:30PM - 2:30PM** Open Training

NOVEMBER 2026

GUAM MUAY THAI SITPONGSAN EK-YOTIN

Monday	6 AM - 9 PM
Tuesday	6 AM - 9 PM
Wednesday	6 AM - 9 PM
Thursday	6 AM - 9 PM
Friday	CLOSED
Saturday	9:30 AM - 2:30 PM
Sunday	CLOSED

102 University Drive Unit #5#6 La
Isla Arcade Plaza
Mangilao, Guam
671-487-7718
guammuythai@gmail.com

Please see perks flyer for special drop-in rates

Classes Covered 100% for StayWell Health Members

TPA
BRAZILIAN JIU-JITSU & FITNESS

Monday	5:30 AM - 9 PM
Tuesday	6 AM - 7:30 PM
Wednesday	5:30 AM - 9 PM
Thursday	4:30 AM - 7:30 PM
Friday	7 AM - 9 PM
Saturday	7:30 AM - 12:30 PM
Sunday	CLOSED

138 Chalan Katne, Suite 104
Summer Town Estates
Dededo, Guam
671-687-4229
tpaguam@gmail.com

Classes Covered 100% for StayWell Health Members

INTERNATIONAL SPORTS CENTER

Monday	4 AM - 10 PM
Tuesday	4 AM - 10 PM
Wednesday	4 AM - 10 PM
Thursday	4 AM - 10 PM
Friday	4 AM - 10 PM
Saturday	7 AM - 7 PM
Sunday	7 AM - 2 PM

484 W Soledad Ave
Hagatna, Guam 96910

671-477-9885
internationalsportscenterguam@gmail.com

Classes Covered 100% for StayWell Health Members

URBAN FITNESS GUAM

Monday	6:30 AM - 1 PM/ 5 PM - 8 PM
Tuesday	6:30 AM - 1 PM/ 5 PM - 8 PM
Wednesday	6:30 AM - 1 PM/ 5 PM - 8 PM
Thursday	6:30 AM - 1 PM/ 5 PM - 8 PM
Friday	6:30 AM - 1 PM/ 5 PM - 8 PM
Saturday	9 AM - 11 AM
Sunday	CLOSED

1152 E&R Sardea Building Route 8
Maite, Guam

671-969-7308 / 671-686-7779

* Coverage for fitness benefit varies according to plan. Class schedules and descriptions are subject to change without prior notice. For more information, please visit our website or contact the Health Management Department at 477-5091 ext. 1185. If you haven't exercised in a long time or have a heart condition that increases your risk of injury during exercise, kindly consult your primary care provider before starting an exercise program.

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