

Group Fitness Schedule ~ MID-APRIL 2024

SIGN-UPS REQUIRED FOR SPIN CLASSES: Up to 4 days in advance on MYiClubOnline.com or 1 day in advance at the Front Desk (arrive EARLY to get your PEDAL PASS)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
MORNING	8:15 AM ZUMBA ★ Nicole	8:15 AM LES MILLS PUMP Katie	8:15 AM HIIT Depeche (30 min)	8:15 AM LES MILLS PUMP ★ Danielle & Katie	8:30 AM HIIT Depeche (45 min)	8:00 AM LES MILLS PUMP Jessica	★ 9:00 AM <i>Aerobic Conditioning</i> Becky		
9:30 AM	LES MILLS PUMP Debbie	HIIT Depeche (45 min)	LES MILLS PUMP Danielle	ZUMBA ★ Jeffrey	LES MILLS CORE Katie (45 min)	LES MILLS COMBAT Jessica	10:30 AM Yoga Richard		
10:45 AM	Yoga Seanna	10:30 AM LES MILLS CORE Debbie (45 min)	<i>Silver Swans™</i> Lauran ----- Yoga Richard (The Loft)	-----	<i>Silver Swans™</i> Lauran	Qigong Mike R.	10:30 AM Yoga Richard		
12:15 PM	<i>Senior Works</i> "VARIETY" JoAnn (45 min)	<i>Senior Works</i> "CHALLENGE" Kathy (45 min)	<i>Senior Works</i> "STABILITY" Lauran (45 min)	<i>Senior Works</i> "CHALLENGE" Kathy (45 min)	<i>Senior Works</i> "STABILITY" Lauran (45 min)	<p>Est. 1991 MORRO BAY, CA</p>			
1:45 PM	Gentle Yoga Seanna	1:30 PM Pilates Kathy	Gentle Yoga Seanna	1:30 PM Pilates Kathy	Gentle Yoga Seanna				
4:15 PM	-----	Tai Chi Basics Mike R.	-----	-----	-----				
5:30 PM	ZUMBA Erika	LES MILLS PUMP ★ Jessica & Dani ----- Vinyasa Yoga Seanna (The Loft)	LES MILLS COMBAT Jessica -----	LES MILLS PUMP Dani ----- Vinyasa Yoga Seanna (The Loft)	-----	<p>REGULAR HOURS</p> <p>Mon-Fri: 5 AM - 9 PM Sat: 7 AM - 7 PM Sun: 8 AM - 6 PM</p>			
<p>SPINNING AND CYCLING Sign-Ups <u>Required</u> (limited bikes, arrive early to get your PEDAL PASS)</p>									
5:30 AM	-----	-----	Erin (45 min)	-----	★ Erin (45 min)				
8:30 AM	Mike (45 min)	Terri	Katie (45 min)	Terri	Hailey			Mike (45 min)	
9:15 AM	Mike (45 min)	-----	-----	-----	-----	Mike (45 min)			
★ CHANGE IN SCHEDULE			**All classes are 60 minutes unless otherwise indicated**					<p>SCAN ME</p>	

(805) 772-7466

MORE DETAILS AT: FitnessWorksMB.com