

Group Fitness Schedule ~ JANUARY 2025

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 ★ Sandi	8:15 AM LES MILLS PUMP Katie & Danielle	8:30 AM HIIT Depeche (45 min)	8:15 AM LES MILLS PUMP Danielle & Katie	8:30 AM HIIT Depeche (45 min)	8:00 AM LES MILLS PUMP ★ Kayla	-----		
9:30 AM	LES MILLS PUMP Debbie	LES MILLS CORE Debbie (45 min)	LES MILLS PUMP Danielle	ZUMBA Nicole	LES MILLS CORE Katie (45 min)	LES MILLS COMBAT ★ Kayla	-----		
10:45 AM	Yoga Seanna	10:30 AM <i>Total Body Tone</i> Becky	<i>Silver Swans™</i> Lauran ----- Yoga Richard (The Loft)	Pop-Up Class 1/16: Qigong with Mike	<i>Silver Swans™</i> Lauran	Qigong Mike R.	10:30 AM Yoga Richard		
12:15 PM	Senior Works "VARIETY" JoAnn (45 min)	-----	Senior Works "STABILITY" Lauran (45 min)	-----	Senior Works "STABILITY" Lauran (45 min)	 Est. 1991 MORRO BAY, CA			
1:45 PM	Gentle Yoga Seanna	Pilates Seanna	Gentle Yoga Seanna	Pilates Seanna	Gentle Yoga Seanna				
4:15 PM	-----	Tai Chi Basics Mike R.	-----	-----	-----				
5:30 PM	ZUMBA Nicole	LES MILLS PUMP ★ Hailey ----- Vinyasa Yoga Seanna (The Loft)	★ 5:45 PM LES MILLS COMBAT ★ Kayla	LES MILLS PUMP ★ Hailey ----- Vinyasa Yoga Seanna (The Loft)	-----	REGULAR HOURS Mon-Fri: 5 AM - 9 PM Sat: 7 AM - 7 PM Sun: 8 AM - 6 PM			
 SPINNING AND CYCLING Sign-Ups Required (limited bikes, arrive early to get your PEDAL PASS)									
5:30 AM	-----	-----	Erin (45 min)	-----	Libby (45 min)			 2025 Happy New Year! 	
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**						

(805) 772-7466

MORE DETAILS AT: FitnessWorksMB.com