

Group Fitness Schedule ~ MID-FEBRUARY 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 ★ Breezie	8:15 AM LES MILLS PUMP Katie & Danielle	8:30 AM HIIT Depeche (45 min)	8:15 AM LES MILLS PUMP Katie	8:30 AM HIIT Depeche (45 min)	8:00 AM LES MILLS PUMP ★ Jessica	-----	
9:30 AM	LES MILLS PUMP Debbie	LES MILLS CORE Debbie (45 min)	LES MILLS PUMP Danielle	ZUMBA ★ Breezie	LES MILLS CORE Katie (45 min)	LES MILLS COMBAT SUSPENDED ★	-----	
10:45 AM	Yoga Seanna	10:30 AM Total Body Tone Becky	Silver Swans™ Lauran ----- Yoga Richard (The Loft)	10:45 AM Total Body Tone Becky	Silver Swans™ 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)	<p>Est. 1991 MORRO BAY, CA</p>		
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	-----	LES MILLS PUMP Hailey or Jessica	5:45 PM LES MILLS COMBAT SUSPENDED ★	LES MILLS PUMP Hailey	-----			
<p>Sign-Ups Required (limited bikes, arrive early to get your PEDAL PASS)</p>							<p>REGULAR HOURS Mon-Fri: 5 AM - 9 PM Sat: 7 AM - 7 PM Sun: 8 AM - 6 PM</p>	
5:30 AM	-----	-----	Erin (45 min)	-----	Libby (45 min)			
8:30 AM	Mike (45 min)	Doug	Katie (45 min)	★ Danielle	Hailey	Mike (45 min)		
9:15 AM	Mike (45 min)	-----	-----	-----	-----	Mike (45 min)		
4:45 PM	-----	-----	-----	★ Hailey (30 min)	-----	-----		
★ CHANGE IN SCHEDULE			**All classes are 60 minutes unless otherwise indicated**					

(805) 772-7466

MORE DETAILS AT: FitnessWorksMB.com