

Group Fitness Schedule ~ MARCH 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)	~~~~	~~~~
10:45 AM	Yoga Seanna	10:30 AM Total Body Tone Becky	<i>Silver Swans™</i> Lauran ----- Yoga Richard (The Loft)	10:45 AM Total Body Tone Becky	<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> "STABILITY" Lauran (45 min)	~~~~	<i>Senior Works</i> "STABILITY" Lauran (45 min)	 Est. 1991 MORRO BAY, CA <i>The harder I work, the luckier I get.</i>	~~~~
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 Jessica	~~~~	LES MILLS PUMP Hailey	~~~~		~~~~
		Vinyasa Yoga Seanna (The Loft)		Vinyasa Yoga Seanna (The Loft)			
 SPINNING AND CYCLING Sign-Ups <u>Required</u> (limited bikes, arrive early to get your PEDAL PASS)							REGULAR HOURS Mon-Fri: 5 AM - 9 PM Sat: 7 AM - 7 PM Sun: 8 AM - 6 PM
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