

Group Fitness Schedule ~ MAY 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  PUMP Katie & Danielle	8:30 AM HIIT Depeche (45 min)	8:15 AM  PUMP Katie	8:30 AM HIIT Depeche (45 min)	8:00 AM  PUMP Jessica	-----
9:30 AM	 PUMP Danielle	 CORE Debbie (45 min)	 PUMP Debbie	 ZUMBA Breezie	 CORE Katie (45 min)	-----	-----
10:45 AM	Yoga Seanna	10:30 AM Total Body Tone Becky	<i>Ballet Barre</i> ★ Leslie ----- Yoga Richard (The Loft)	10:45 AM Total Body Tone Becky	★ <i>Ballet Barre</i> Rotation	Qigong Mike R.	10:30 AM Yoga Richard
12:15 PM	<i>Senior Works</i> "VARIETY" JoAnn (45 min)	SeniorStrong Leslie (45 min)	<i>Senior Works</i> "VARIETY" ★ JoAnn (45 min)	-----	<i>Senior Works</i> "STABILITY" ★ Danielle (45 min)	 <i>Est. 1991</i> 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 Debbie and Sandi	 PUMP Jessica ----- Vinyasa Yoga Seanna (The Loft)	 COMBAT Jessica ----- ★ Vinyasa Yoga Seanna (The Loft)	 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 5/18: CLOSED 5/26: Open Limited (8 AM - 5 PM)	
 SPINNING AND CYCLING Sign-Ups <u>Required</u> (limited bikes, arrive early to get your PEDAL PASS)							
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**				
							



SCAN ME

(805) 772-7466

MORE DETAILS AT: FitnessWorksMB.com