

Group Fitness Schedule ~ MID-JULY 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  Breezie	8:15 AM  Katie & Danielle	8:30 AM HIIT Depeche (45 min)	8:15 AM  Katie	8:30 AM HIIT Depeche (45 min)	8:00 AM  Jessica	~~~~
9:30 AM	 Danielle	 Debbie (45 min)	 Debbie	 Breezie	 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 (now 60 minutes) ★	<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	 Debbie	 Jessica ----- Vinyasa Yoga Seanna (The Loft)	 Jessica	 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)		
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