



GROUP FITNESS SCHEDULE

SEPTEMBER

2026

SPIN SIGN-UPS REQUIRED

Up to 7 days ahead in the FW App or MyiClubOnline.com | 1 day ahead at the Front Desk

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	8:15 AM ZUMBA 9/14 Laura 9/21 & 9/28 SHiNE Dance with Melissa	8:15 AM BODYPUMP Katie & Danielle	8:30 AM HIIT Depeche - 45 min	8:15 AM BODYPUMP Katie	8:30 AM HIIT Depeche - 45 min	8:00 AM BODYPUMP Jessica	POP-UPS 9/13 & 9/27 9:15 Hard CORE Hailey - 45 min
9:30 AM	BODYPUMP Hailey	BODYCORE Debbie - 45 min	BODYPUMP Danielle	TOTAL BODY TONE Becky	BODYCORE Katie - 45 min	BODYCOMBAT Jessica - 45 min	
10:45 AM		TOTAL BODY TONE Becky	BALLET Laura YOGA Richard - The Loft	TAI CHI BASICS Mike R. 9/3 - 10/29	BALLET Teri W.	QIGONG Mike R.	10:30 AM YOGA Richard
12:15 PM	SENIOR WORKS Bridget - 45 min	SENIORSTRONG Leslie	SENIOR WORKS Danielle - 45 min	QIGONG Mike R. - 45 min	SENIOR WORKS Malia - 45 min		
1:45 PM	GENTLE YOGA Seanna	PILATES Seanna	GENTLE YOGA Seanna	PILATES Seanna	GENTLE YOGA Seanna		
5:30 PM	ZUMBA Rotation NO CLASS 9/7 & 9/14	BODYPUMP Jessica VINYASA YOGA Seanna - The Loft	BODYCOMBAT Shayla	BODYPUMP Danielle VINYASA YOGA Seanna - The Loft			



MORRO BAY, CA

REGULAR HOURS

Mon-Fri: 5AM - 9PM

Sat: 7AM - 7PM

Sun: 8AM - 6PM

HOLIDAY HOURS

CLOSED 9/7

SUNDAY POP-UPS

9/13 & 9/27

SPIN 8:15 AM

HARD CORE 9:15 AM



SCAN FOR DETAILS

SPINNING AND CYCLING

SIGN-UPS REQUIRED | LIMITED BIKES | ARRIVE EARLY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM			Doug - 45 min		Libby - 45 min		
8:30 AM	Mike - 45 min	Doug	Katie - 45 min	Terri	Hailey	Mike - 45 min	
9:15 AM	Mike - 45 min					Mike - 45 min	POP-UP 9/13 & 9/27
4:45 PM				Aubrey - 30 min			



(805) 772-7466

FitnessWorksMB.com

@FITNESSWORKSMB

MOVE MORE. FEEL STRONGER. JOIN US THIS SEPTEMBER!