



GROUP FITNESS SCHEDULE

MID-AUGUST 2026

SIGN-UPS REQUIRED FOR SPIN CLASSES: Up to 7 days in advance on the FW App or [MYiClubOnline.com](https://myclubonline.com)
OR 1 day in advance at the Front Desk (arrive EARLY to get your PEDAL PASS)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15 AM	ZUMBA 8/10 & 8/17: Shine Dance with Melissa 8/24 & 8/31 Debbie Debbie or Lauren	LES MILLS BODYPUMP Katie & Danielle	HIIT Depeche (45 min)	LES MILLS BODYPUMP Katie	HIIT Depeche (45 min)	LES MILLS BODYPUMP Jessica	★ Pop-Up Spin/Cycling 8/16, 8/23 and 8/30 8:15 AM Hailey (45 min)
9:30 AM	LES MILLS BODYPUMP Hailey	LES MILLS CORE Debbie (45 min)	LES MILLS BODYPUMP Danielle	★ Total Body Tone Becky	LES MILLS CORE Katie (45 min)	9:15 AM LES MILLS COMBAT Jessica (45 min)	9:15 AM Hard CORE Hailey
10:45 AM	~~~~~	Total Body Tone Becky	<i>Ballet Barre</i> Leslie or Lauren ----- <i>Yoga</i> Richard (The Loft)	STARTS 9/3 ★ Tai Chi Basics (9-week series) Mike R.	<i>Ballet</i> Teri W.	<i>Qigong</i> Mike R.	10:30 AM <i>Yoga</i> Richard
12:15 PM	<i>Senior Works</i> Bridget (45 min)	<i>Senior Strong</i> Leslie	<i>Senior Works</i> Danielle (45 min)	<i>Qigong</i> Mike R. (45 min)	<i>Senior Works</i> Malia (45 min)		
1:45 PM	<i>Gentle Yoga</i> Seanna	<i>Pilates</i> Seanna	<i>Gentle Yoga</i> Seanna	<i>Pilates</i> Seanna	<i>Gentle Yoga</i> Seanna		
5:30 PM	ZUMBA ★ Rotation	LES MILLS BODYPUMP Jessica ----- <i>Vinyasa Yoga</i> Seanna (The Loft)	LES MILLS COMBAT Shayla	LES MILLS BODYPUMP Danielle ----- <i>Vinyasa Yoga</i> Seanna (The Loft)	~~~~~		



SPINNING AND CYCLING

Sign-Ups Required (limited bikes, arrive early to get your PEDAL PASS)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	—	—	Erin (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)	
4:45 PM	—	—	—	Aubrey (30 min)	—	—	

★ CHANGE IN SCHEDULE

All classes are 60 minutes unless otherwise indicated



(805) 772-7466



MORE DETAILS AT:
FitnessWorksMB.com



@FITNESSWORKSMB



MORRO BAY, CA

REGULAR HOURS

Mon-Fri: 5AM - 9PM

Sat: 7AM - 7PM

Sun: 8AM - 6PM

HOLIDAY HOURS

Closed on 9/7

Pop-Up Spin/Cycling
8/16, 8/23 and 8/30
8:15 AM
Hailey (45 min)



SCAN TO
VIEW SCHEDULE
ONLINE!

BACK TO SCHOOL, BACK TO YOU. JOIN IN AUGUST!