

GROUP FITNESS SCHEDULE

OCTOBER 2026

SIGN-UPS REQUIRED FOR SPIN CLASSES: Up to 7 days in advance on the FW App or MYiClubOnline.com
OR 1 day in advance at the Front Desk. Sign-Ups Required (limited bikes, arrive early to get your PEDAL PASS)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15 AM	 ZUMBA Lauran or Debbie 10/19 & 10/26: Shine Dance with Melissa	LesMILLS PUMP Katie & Danielle	HIIT Easy (45 min)	LesMILLS PUMP Katie	HIIT Danielle (45 min)	LesMILLS PUMP Jessica	Pop-Up 10/4 & 10/11 9:15 AM Hard CORE Hailey (45 min)
9:30 AM	LesMILLS PUMP Hailey	LesMILLS CORE Debbie (45 min)	LesMILLS PUMP Danielle	Total Body Tone Becky	LesMILLS CORE Katie (45 min)	9:15 AM LesMILLS COMBAT Jessica (45 min)	
10:45 AM	Pop-Up 10/12, 10/19 & 10/26 Step & Strength Leslie	Total Body Tone Becky	<i>Ballet</i> Lauran ----- Yoga Richard (The Loft)	★ Tai Chi Basics Mike R. (9/3-10/29)	<i>Ballet</i> Teri W.	Qigong Mike R.	10:30 AM Yoga Richard
12:15 PM	<i>Senior Works</i> Bridget (45 min)	SeniorStrong Leslie	<i>Senior Works</i> Danielle (45 min)	Qigong Mike R. (45 min)	<i>Senior Works</i> Malia (45 min)	 REGULAR HOURS Mon-Fri: 5 AM - 9 PM Sat: 7 AM - 7 PM Sun: 8 AM - 6 PM GYM CLOSED 10/20 - 10/22 **NEW equipment**	
1:45 PM	<i>Gentle Yoga</i> Seanna	Pilates Seanna	<i>Gentle Yoga</i> Seanna	Pilates Seanna	<i>Gentle Yoga</i> Seanna		
5:30 PM	 ZUMBA Debbie or Sandi ★	LesMILLS PUMP Jessica ----- Vinyasa Yoga Seanna (The Loft)	LesMILLS COMBAT Shayla	LesMILLS PUMP Danielle ----- Vinyasa Yoga 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	-----	-----	Doug (45 min)	-----	Libby (45 min)		Pop-Up
8:30 AM	Mike (45 min)	Doug	Katie (45 min)	Terri	Hailey	Mike (45 min)	10/4 & 10/11 8:15 AM
9:15 AM	Mike (45 min)	-----	-----	-----	-----	Mike (45 min)	★ Hailey (45 min)
4:45 PM	ROCKTOBER			Aubrey (30 min)	-----	-----	



(805) 772-7466



MORE DETAILS AT: FitnessWorksMB.com

MORRO BAY, CA



CHANGE IN SCHEDULE

All classes are 60 minutes unless otherwise indicated