Morro Bay, CA
FitnessWorks
Est. 1991

GROUP FITNESS SCHEDULE

NOVEMBER 2026

SIGN-UPS RECOMMENDED FOR CLASSES: Up to 7 days in advance on the FW App or MYiClubOnline.com (1 day in advance at the Front Desk).

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	★ 8:15 AM **Cardio Dance** 11/2 and 11/9: Zumba with Debbie 11/16, 11/23, 11/30: SHINE with Melissa	8:15 AM LesMills PUMP Katie & Danielle	8:30 AM **HIIT** Easy (45 min)	8:15 AM LesMills PUMP Katie	8:30 AM **HIIT** Danielle (45 min)	8:00 AM LesMills PUMP Jessica	**Pop-Up** 11/15, 11/22 & 11/29
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)	9:30 AM ***Hard CORE*** Hailey (45 min)
10:45 AM	~~~~~	***Total Body Tone*** Becky	*Ballet* Lauran ***Yoga*** Richard (The Loft)	~~~~~	*Ballet* Teri W.	***Qigong*** Mike R.	10:30 AM ***Yoga*** Richard
12:15 PM	*SeniorWorks* Bridget (45 min)	***SeniorStrong*** Leslie	*SeniorWorks* Danielle (45 min)	***Qigong*** Mike R. (45 min)	*SeniorWorks* Malia (45 min)		
1:45 PM	*Chair Yoga* Seanna	***Pilates*** Seanna	*Gentle Yoga* Seanna	***Pilates*** Seanna	*Gentle Yoga* Seanna		
5:30 PM	ZUMBA Sandi	LesMills PUMP Jessica **Vinyasa Yoga** Seanna (The Loft)	LesMills COMBAT Shayla	LesMills PUMP Danielle **Vinyasa Yoga** Seanna (The Loft)	~~~~~		

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REGULAR HOURS
Mon-Fri: 5AM - 9PM
Sat: 7 AM - 7 PM
Sun: 8 AM - 6 PM

HOLIDAY HOURS
11/26: CLOSED
11/27: 5 AM - 5 PM

INDOOR CYCLING STUDIO

Sign-Ups Recommended (limited bikes)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	~~~~~	~~~~~	Doug (45 min)	~~~~~	Libby (45 min)	~~~~~	**Pop-Up** 11/15, 11/22 & 11/29 8:30 AM Hailey (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)	~~~~~	~~~~~	

(805) 772-7466 | MORE DETAILS AT: FitnessWorksMB.com | MORRO BAY, CA

★ CHANGE IN SCHEDULE | ***All classes are 60 minutes unless otherwise indicated***