

GROUP EXERCISE SCHEDULE LABOR DAY WEEKEND

	FRIDAY, SEPT 3	SATURDAY, SEPT 4	SUNDAY, SEPT 5	MONDAY, SEPT 6
Studio 3	BOSU Boot Camp 6:15am-7:15am <i>Nes</i>	BodyWorks 9:30am-10:30am <i>Mick</i>	Step Intermediate 9:30am-10:30am <i>Jeff</i>	OPEN 8AM TO 1PM
				NO CLASSES
	BOSU Ab Blast 12:00pm-12:15pm <i>Mick</i>			
	Step Intermediate 12:15pm-1:00pm <i>Mick</i>			Group Ex Hotline: 415-615-1387 Mind-Body Hotline: 415-615-1384 Cycle/Aqua Hotline: 415-615-1386
	Zumba™ 1:00pm-1:45pm <i>Dylan</i>			
	No evening classes			
Cycle Studio	Hit the Road 6:30am-7:30am <i>Sean</i>	Interval 9:30am -10:30am <i>Kathy</i>		OPEN 8AM TO 1PM
	Hit the Road 12:00pm-1:00pm <i>Maria</i>			NO CLASSES
	Interval 5:30pm -6:30pm <i>Michelle</i>			
Wellness Studio	Power Yoga 12:00pm-1:00pm <i>Jamaica</i>			OPEN 8AM TO 1PM
	Pilates 1:00pm-2:00pm <i>Jessica</i>	Aikido 11:15am-12:30pm <i>Robert</i>		NO CLASSES
	Lengthen, Strengthen & Relax 5:30pm-6:30pm <i>Katherine</i>	Advanced Aikido 12:30pm-1:00pm <i>Robert</i>		
Activity Pool		Aqua Fitness 8:15am-9:00am <i>Natalie</i>		OPEN 8AM TO 1PM
	Aqua Fitness 12:30pm-1:10pm <i>Ross</i>	Arthritis Aqua 12:15pm-1:15pm <i>Jerry</i>		NO CLASSES