



GROUP EXERCISE SCHEDULE - AUGUST 2018

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|--|-------------------------------|--|--|--|--|--------------------------|
| 6:00am | Step (5:50am) Mercy | BOSU/Step Dana | Cardio Sculpt Jean A. | Step & Sculpt Dana | Zumba Tristen | | |
| 7:10am | Standing Pilates Elaine | | Standing Pilates Elaine | | (7:10am) Mixed Level Pilates Elaine | (7:05am) Step & Sculpt Dana | |
| 8:20am | Dance-Choreo Jazon | Cardio Dance Hilary | BollyX Kelly | Advanced Tap Review Trish | Dance-Choreo Hilary | (8:30am) Zumba Tristen/Megha | (8:30am) BollyX Kelly |
| 9:30am | Firm * Jeff | Mixed Level Pilates Elaine | Firm* Jeff | Hip Hop Cardio JD (9:45am) | Firm *(9:35am) Jeff | (9:45am) Tap Trish | |
| 10:40am | Hip-Hop Choreo JD | Advance Tap Judy | Dance-Choreo Hilary | Spin and Core Diane | Beginning Tap Trish | *Studio In Use Private Dance Rental 1:00pm-3:00pm | |
| | | | | | | | |
| Noon | Cardio Sculpt Jean A. | Circuit Training Diane | | Pilates Anna | Circuit Training Diane | Club Hours & Contact Information Monday-Thursday: 5:15am-9:00pm Friday: 5:15am-8:00pm Saturday & Sunday: 7:00am-6:00pm Childcare Available Mon, Wed & Fri: 8:15am-11:00am Class Schedule Line: 650-327-1401 Front Desk: 650-327-3224 | |
| 3:30pm | | | | | | | |
| 5:30pm | Firm (5:30pm) Jeff | | Tap Darlene | Bombay Jam Megha | | | |
| 7:00pm | *Studio In Use Dini Kung Fu 7-8:30pm | | *Studio In Use Intermediate Tap w/ Darlene 6:15-7:15pm | *Studio In Use Dini Kung Fu 7-8:30pm | | | |

MONTHLY NEWS

*Firm with Jeff has limited space.
 New Classes for August
 Spin and Core with Diane on Thursdays 10:40am
 Bombay Jam with Megha on Thursdays at 5:30pm