



GROUP EXERCISE SCHEDULE - NOVEMBER 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						(7:05am) Step & Sculpt Dana	
8:20am	Dance-Choreo Jazon	Cardio Dance Hilary	BollyX Kelly	Tap Trish	Dance-Choreo Hilary	(8:30am) Zumba Tristen/Megha	(8:30am) BollyX Kelly
9:30am	Firm * Jeff	Pilates Anna	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		Beginning Tap Trish	*Studio In Use Private Dance Rental 1:00pm-3:00pm	
Noon	Cardio Sculpt Jean A.	Circuit Training Diane	*Studio in Use 12-1:00pm	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		*Studio in Use 5-6:00pm	Bombay Jam (6:00pm) Megha			
7:00pm	*Studio In Use Dini Kung Fu 7-8:30pm			*Studio In Use Dini Kung Fu 7-8:30pm			

MONTHLY NEWS

*Firm with Jeff has limited space.
 Thanksgiving Hours:
 Wednesday, November 22nd 5:00am - 1:00pm
 Thursday, November 23rd Club Closed
 Friday, November 24- Sunday, November 26th 7:00am-6:00pm