



GROUP EXERCISE SCHEDULE - OCTOBER 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	Step Mercy	BOSU/Step Dana	Cardio Sculpt Jean A.	Step & Sculpt Dana	Zumba Tristen		
7:10am	Standing Pilates Elaine**				Intermediate Pilates Elaine	(7:05am) Step & Sculpt Dana	
8:20am	Dance-Choreo Jazon	Cardio Dance Hilary	BollyX Kelly	Intermediate Tap Judy	Dance-Choreo Hilary	(8:30am) Zumba Nicole	(8:15am) BollyX Kelly
9:30am	Firm Jeff	Intermediate Pilates Elaine	Firm Jeff	Cardio Strength Diane	Firm Jeff	(9:45am) Beginning Tap Judy	Cardio Boxing Callie
10:40am		Advance Tap Judy	Dance-Choreo Hilary**	Jazz Tami		*Studio In Use Private Dance Rental 1:00pm-3:00pm	*Studio In Use 10:30-11:30am
Noon	Cardio Sculpt Jean A.	Circuit Training Diane		Standing Pilates Elaine		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							
5:45pm	Zumba Nicole	(6:10pm) Yoga Phuong	(5:30pm) Tap Darlene	Pilates Laura			
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

** Dance Choreo with Hilary will not be held every Wednesday. See sub board in club for monthly changes.
 **Standing Pilates with Elaine will not be held every Monday. See sub board in club for monthly changes.