



# GROUP EXERCISE SCHEDULE

530-742-7473

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM	Morning Madness CHRIS		Morning Madness CHRIS		Morning Ride DEBBI		
6:00 AM					Kettlebell Training DEBBI		
9:00 AM	Cardio Kickboxing DEBBI	Indoor Ride NICOLE	Cardio Conditioning MIGUEL	Body Sculpt DEBBI	Indoor Ride MIGUEL	Instructor's Choice	
10:00 AM		Body Sculpt DEBBI	Butts & Guts NICOLE	Pilates DEBBI	Arms & Abs MIGUEL		
10:30 AM			Indoor Ride NICOLE				
12:00 PM	Total Body Circuit CHRIS	Yoga JANELLE	Pilates DEBBI	Yoga JANELLE			
1:00 PM							Jiu-Jitsu* CARLETON
4:30 PM		KidZFit KERI		KidZFit NICOLE			
5:30 PM	Xtreme Conditioning SHANNON	Indoor Ride DEBBI	Hard Core & More SHANNON	Indoor Ride NICOLE	Xtreme Conditioning PAUL		
6:00 PM			Women's Circuit Training KATRINA				
6:30 PM	Pilates DEBBI	Jiu-Jitsu* SHAWN	MMA Sparring* SING	Mixed Martial Arts* JAIME			
7:30 PM							

\*ADDITIONAL FEES APPLY

Club Hours: Monday-Friday 4am-10pm • Saturday & Sunday 7am-7pm

Kids Club Hours: Monday-Friday 9am-12pm & 4:30pm-7:30pm • Saturday & Sunday 9am-12pm