



Group Exercise Schedule -updated 10/1/23

MONDAY

Master Swim w/ Evgenii

Class time: 6 am

Stroke Technique Class time: 7:05 (30 min)

Outdoor Spin w/ Bill Tent

Class time: 6:00 am

Tai Chi w/ Robin Diablo Ct

Class time: 8 am

Align and Flow Yoga w/ Amie Studio

Class time: 9:15 am

Power hour - w/ Jenn

Diablo Ct

Class time: 9 am

Tone and Stretch w/ Jenn Studio

Class time: 12:00 (45 min class)

Bosu Pilates w/ Therese Studio

Class time: 5:45 pm

Hatha Yoga w/ Robert Studio

Class time: 7 pm

TUESDAY

Morning H.I.I.T w/ Virginia Diablo Ct

Class time: 6 am (45-minute class)

Spin Express w/ Virginia Studio

Class time: 7 am (45-minute class)

Outside Spin w/ Birgitte Tent

Class time: 9 am

Aqua Fitness w/ BZ

Class time: 9 am

Zumba w/ Kathleen Studio

Class time: 10:05 am

Strength and Balance

w/ Danielle Studio

Class time: 11:15 am *New time*

Align and Flow Yoga w/ Deborah

Studio New Class!

Class time: 12:30 pm

Pilates w/ BZ Studio

Class time: 5 pm

TUESDAY-CONT

Yoga w/ Stephanie

Peak fit Studio

Class time: 6:15 pm

WEDNESDAY

Master Swim w/ Shannon

Class time: 6 am

Stroke Technique Class time: 7:05 (30 min)

Outdoor Spin w/ Tori Tent

Class time: 6:30 am

Tai Chi w/ Robin

Diablo Ct

Class time: 8 am

Cardio and Strength w/ Angelique Studio

Class time: 9:00 am

Core and Flexibility w/ Sara Studio

Class time: 10:15 am

Roll and Stretch /Jenn Studio

Class time: 12:00 pm

Spin/Sculpt w/ Jenn studio

Class time: 5:30 pm

Hatha Flow Yoga w/ Amber Studio

Class time: 6:45 pm-8:00 pm

THURSDAY

Morning H.I.I.T. w/ Sara Diablo Ct

Class time: 6:15 am

Align and Flow Yoga w/ Amie Studio

Class time: 6:45 am

Spin & Sculpt w/ Jana Tent

Class time: 8 am

Aqua Fitness w/ Ellen

Class time: 9 am

Move-it Zumba w/ Jana Studio

Class time: 9:15 am

Strength and Balance w/ Danielle Studio

Class time: 10:30 am

Yoga w/ Anne Sophie Studio

Class time: 5 pm

FRIDAY

Master Swim w/ Evgenii

Class time: 6 am

Stroke Technique Class time: 7:05 (30 min)

Spin w/ Jen Tent

Class time: 6:15 am

Power Hour w/ Jenn

Studio or Tent

Class time: 7:30 am

Spin & Core w/ Angelique studio

Class time: 9 am

Aqua Fitness w/ Sally

Class time: 9 am

Pilates Party w/ Therese

Peak Fit Studio and Zoom

Class time: 10 am

Dance Fitness w/ Angelique *New class!*
Studio

Class time: 10:15 am

Intro to Pilates w/ Therese *New class!*

Studio (beginning Sept. 8)

Class time: 11:15 am

Gentle Yoga w/ Annemaria Studio

Class time: 4 pm

SATURDAY

Vinyasa Yoga w/ Stephanie Studio

Class time: 8:00 am

Bootcamp w/ Tori *Diablo Ct or Peak fit*

Class time: 8 am

Body and Sole w/ Kathleen Studio

Class time: 9:05 am

TBCw/ Sara *Total Body Conditioning* Studio

Class time: 10:15 am

SUNDAY

Yoga Align and Flow w/ Deborah Studio

Class time: 8:00 am *New Class!*

Outdoor Spin & Stretch w/ Angelique

Class time: **9:05 am** *New time*

Aqua Fitness w/ Ellen, Sally, or Elaine

Class time: 9 am

Zumba w/ Bobbe Studio

Class time: **10:10 am**

Yoga Vinyassa w/ Anne Sophie Studio

Class time: 11:15 am



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