



Group Exercise Schedule -Spring -updated 5/1

MONDAY

Master Swim w/ Evgenii

Class time: 6 am

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

Outdoor Spin w/ Bill Tent

Class time: 6:15 am

Tai Chi w/ Robin Diablo Ct

Class time: 8 am

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

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: 10:15 am

Total Body Challenge (New Class!) w/ Kym- Studio

Class time: 11:30 am

Pilates w/ BZ Studio

Class time: 5 pm

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 Mix w/ Angelique Studio

Class time: 9:10 am

Core and Flexibility w/ Sara Studio

Class time: 10:15 am

Yoga w/ Lindsay/Evan Studio

Class time: 11:30 am

Spin/Sculpt w/ Jenn studio

Class time: 5:30 pm

Yoga w/ Amber Studio

Class time: 6:45 pm

THURSDAY

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

Class time: 6:15 am

Yoga w/ Amie Studio

Class time: 6:45 am

Spin & Sculpt w/ Jana Tent

Class time: 8 am

Aqua Fitness w/ Sandra

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)

FRIDAY-cont.

Spin w/ Jen Tent

Class time: 6:15 am

Power Hour w/ Jenn

Studio or Tent

Class time: 7:30 am

Spin & Core w/ Amy studio

Class time: 9 am

Aqua Fitness w/ Ellen

Class time: 9 am

Pilates Party w/ Therese

Peak Fit Studio and Zoom

Class time: 10 am

Core/ Sculpt w/ Angelique Studio

Class time: 10:30 am

Yoga w/ Annemaria Studio

Class time: 4 pm

SATURDAY

Bootcamp w/ Tori Diablo Ct or Studio

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

World Dance w/ Jhunehl (New Class!) Studio

Class time: 11:30 am

SUNDAY

Outdoor Spin & Sculpt w/ Angelique

Class time: 9 am

Aqua Fitness w/ Ellen, Sally, or Elaine

Class time: 9 am

Zumba w/ Bobbe Studio

Class time: 10:05 am

Yoga w/ Anne Sophie Studio

Class time: 11:15 am