



## Group Exercise Schedule -updated 11/1/24

Please check online/app for any last minute changes or cancellations

### MONDAY

**Master Swim w/ Sydney**

Class time: 6 am

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

**Outdoor Spin w/ Bill Tent**

Class time: 6:00 am

**Power hour - w/ Jenn GX room**

Class time: 7 am *New time!*

**Tai Chi w/ Robin Diablo Ct**

Class time: 8:00 am

**Align and Flow Yoga w/ Kristin**

Class time: 9:15 am

**Tone and Stretch w/ Sara**

Class time: 12:00 (45 min class)

**Bosu Pilates w/ Therese**

Class time: 5:45 pm

**Hatha Yoga w/ Robert**

Class time: 7 pm

### TUESDAY

**Spin w/ Elisa New class!**

Class time: 7 am

**S'WET DEEP w/Bz**

Class time 7:30 am

*45 min format*

**Beginner Tai Chi- w/ Robin**

*Diablo Ct*

Class time: 8:00 am

**Spin w/ Birgitte Tent**

Class time: 9 am

**Aqua Fitness w/ BZ**

Class time: 9 am

**Zumba w/ Kathleen**

Class time: 10:00 am

**Strength and Balance w/Danielle**

Class time: 11:15 am

**Align and Flow Yoga w/ Deborah**

Class time: 12:30 pm

**Pilates w/ BZ**

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)

**HIIT w/ Tori (45 min class)**

Class time: 6:15 am

**Spin w/ Tori Tent**

Class time: 7:05 am

**Tai Chi w/ Robin**

*Diablo Ct*

Class time: 8:00 am

**Cardio and Strength w/ Sara**

Class time: 9:00 am

**Barre Fusion w/ Sara**

Class time: 10:15 am

**Roller/stretch w/ Anne-Sophie**

Class time: 11:30 am

**Spin/Sculpt w/ Jhunehl**

Class time: 5:30 pm

**Hatha Flow Yoga w/ Anisha**

Class time: 6:45 pm-7:45 pm

### THURSDAY

**Morning H.I.I.T. w/ Sara Diablo ct**

Class time: 6:15 am

**Spin & Sculpt w/ Jana**

Class time: 8 am

**Aqua Fitness w/ Ellen**

Class time: 9 am

**Move-it Zumba w/ Jana**

Class time: 9:15 am

**Strength and Balance w/ Danielle Studio**

Class time: 10:30 am

### FRIDAY

**Master Swim w/ Koung**

Class time: 6 am

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

**Spin w/ BILL/Jenn**

Class time: 6:15 am

**Power Hour w/ Jenn**

Class time: 7:30 am

**Zumba w/Michelle**

Class time: 9:00 am

**Aqua Fitness w/ Sally**

Class time: 9 am

**Pilates Party w/ Therese**

*Peak Fit Studio and Zoom*

Class time: 10 am

**Intro to Pilates w/ Therese**

*Studio*

Class time: 11:15 am

**Gentle Yoga w/ Kristin**

Class time: 4 pm

### SATURDAY

**Vinyasa Yoga w/ Stephanie**

Class time: 8:00 am

**Bootcamp w/ Tori Diablo court**

Class time: 8 am

**Body and Sole w/ Kathleen**

Class time: 9:05 am

**TBCw/ Sara Total Body Conditioning**

Class time: 10:15 am

### SUNDAY

**Yoga Align and Flow w/ Deborah**

Class time: 8:00 am

**Spin w/ Glen**

Class time: **9:10 am**

**Aqua Fitness w/ Ellen, Sally, or Elaine**

Class time: 9 am

**Zumba w/ Bobbe/Michelle**

Class time: **10:10 am**

**Yoga Vinyasa w/ Anne Sophie**

Class time: 11:15 am