

BENICIA FITNESS CLASS SCHEDULE beginning July 1st

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUNDAY
6am		FITNESS FUSION Kati		FITNESS FUSION Kati			
8.am						SPIN Brandon	SPIN Paul/Joy
8.30am	SPIN Nicole		SPIN Nicole		SPIN Joy		
9.00am						YOGA Linda	YOGA Linda
9.30am	TOTAL STRENGTH Nicole	TAE BO SCULPT Karina	CARDIO STRENGTH Cheryl	KICK N SCULPT Karina	TAE BO Cheryl		
10.00am						STRONG/ TAE BO Cheryl	
10.30am	ZUMBA Jessi	YOGA Linda	ZUMBA Jessi	STRETCH Joy			
11.30am				RESTORATIVE YOGA Laura			
12pm			YOGA Claudia				
5pm	BOOTCAMP Cheryl		BOOTCAMP Cheryl				
6.00pm	SPIN Brandon	SPIN Paul	SPIN Brandon	SPIN Mel			
7.00pm	GENTLE YOGA Laura		FLOW YOGA Laura				