

BENICIA FITNESS CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUNDAY
8.am						SPIN	
8.30am	SPIN		SPIN		SPIN		
9.00am						YOGA (zoom only)	
9.30am	TOTAL STRENGTH	KICKBOXING IN THE PARK	CARDIO STRENGTH	TAE BO	KICK N SCULPT	ZUMBA IN THE PARK	
10.00am							
10.30am	ZUMBA IN THE PARK	YOGA (zoom only)	ZUMBA IN THE PARK				
12pm				RESTORATIVE YOGA			
5.30pm	RESTORATIVE YOGA (zoom only)						
6.00pm	SPIN	SPIN	SPIN	SPIN			