

BENICIA FITNESS CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUNDAY
8.am						SPIN	
8.30am	SPIN		SPIN		SPIN		
9.00am						YOGA	
9.30am	TOTAL STRENGTH	KICKBOXING IN THE PARK	CARDIO STRENGTH	TAE BO	TOTAL STRENGTH	ZUMBA IN THE PARK	
10.00am						CARDIO SCULPT	
10.30am	ZUMBA IN THE PARK	YOGA	ZUMBA IN THE PARK		CARDIO KICKBOXING		
1pm		RESTORATIVE YOGA		RESTORATIVE YOGA			
5.00pm	STRENGTH AND ENDURANCE YOGA		BOOTCAMP				
6.00pm	SPIN	SPIN	SPIN	SPIN			
		ZUMBA AT THE PARK		ZUMBA AT THE PARK			