

BENICIA FITNESS CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUNDAY
8.am						SPIN	
8.30am	SPIN		SPIN		SPIN		
9.00am						YOGA	YOGA
9.30am	TOTAL STRENGTH	KICKBOXING	CARDIO STRENGTH	KICK N SCULPT	TOTAL STRENGTH		
10.00am						CARDIO STRENGTH	
10.30am	ZUMBA	YOGA	ZUMBA	YOGA	CARDIO KICKBOXING		
1pm	YOGA SCULPT AND STRETCH	RESTORATIVE YOGA	PILATES/BARRE	RESTORATIVE YOGA			
5.00pm	PILATES/BARRE		CIRCUITS				
6.00pm	SPIN	SPIN	SPIN	SPIN			
7.00pm	FLOW/YIN YOGA		RESTORATIVE YOGA				