

FITNESS CLASS SCHEDULE

monday

9 A.M. BODY SCULPT STUDIO
10 A.M. GENTLE YOGA STUDIO
11:30 A.M. AQUATONE GARDEN POOL

thursday

6:30 A.M. SPIN & CORE SPIN ROOM
8 A.M. TRX STUDIO
9 A.M. SPIN SPIN ROOM
9 A.M. TABATA STUDIO
10:30 A.M. ZUMBA STUDIO
11:30 A.M. PILATES YOGA FUSION STUDIO

tuesday

6:30 A.M. SPIN & CORE SPIN ROOM
8 A.M. TRX STUDIO
9 A.M. SUPER CIRCUIT STUDIO
10:30 A.M. ZUMBA STUDIO
11:30 A.M. STRETCH & TONE STUDIO
1 P.M. SOUNDBATH DESK

friday

7 A.M. SPIN & CORE SPIN ROOM
9 A.M. BOOTY BOOTCAMP STUDIO
10 A.M. GENTLE YOGA STUDIO
11:30 A.M. AQUAGROOVE GARDEN POOL
11:30 A.M. SOUNDBATH DESK

wednesday

9 A.M. BODY SCULPT STUDIO
10 A.M. GENTLE YOGA STUDIO
11:30 A.M. AQUATONE GARDEN POOL

saturday

9 A.M. YOGA, ALL LEVELS STUDIO
10 A.M. CARDIO SCULPT & CORE STUDIO
11 A.M. DEEP STRETCH STUDIO

sunday

9 A.M. BOOTCAMP STUDIO
10 A.M. YOGA, ALL LEVELS STUDIO
11:30 A.M. TONE & CORE STUDIO

Classes are 50 mins unless noted otherwise.
Schedule is subject to change. Call the club desk at
ext. 7474 to learn more.

OMNI LA COSTA