



FITNESS SCHEDULE

- PUMP
- STRETCH
- SCULPT
- IMPACT

TIME		MON	TUE	WED	THU	FRI	SAT	SUN
AM CLASSES	6:00 – 6:50 AM	PUMP CHRISFIT BOOTCAMP CHRIS		PUMP CHRISFIT BOOTCAMP CHRIS			BUY A MAC 3-PACK AND GET YOUR 6-PACK! 3 PERSONAL TRAINING SESSIONS \$260* - a savings of \$55* *Personal Training Sessions are one hour each.	
	7:00 – 7:50 AM		PUMP POWER SPIN ROSA	STRETCH YOGA MATHEW	IMPACT BOXING COND. SERGIO			
	8:00 – 8:50 AM							
	9:00 – 9:50 AM							
	10:00 – 10:50 AM						STRETCH WEEKEND YOGA MARY	
	10:15 – 11:05 AM						PUMP CYCLE BURN JAY	



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LUNCH TIME CLASSES

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
11:00 – 11:50 AM							PUMP CARDIO CYCLE CRYSTAL
11:00 – 11:50 AM							STRETCH VINYASA YOGA RAYDENE
12:00 – 12:50 PM	PUMP CYCLE BURN TORELLO	IMPACT BOXING SERGIO	PUMP BODY BLAST JAMIE	IMPACT FIGHT CLUB SERGIO	IMPACT BOOTCAMP SERGIO		
					PUMP CARDIO BARRE SHANNON		
12:15 – 1:05 AM							
12:30 – 1:20 PM	SCULPT TRX OBSTACLE COURSE ROCKLIN	STRETCH ZUMBA SHUFFY	SCULPT TRX OBSTACLE COURSE ROCKLIN	PUMP CYCLE BURN NICOLE			
1:00 – 1:50 PM			STRETCH VINYASA YOGA DEE	SCULPT EXPRESS ABS KYLE			
2:00 – 2:50 PM							



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PM CLASSES

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
3:00 – 3:50 PM							
4:00 – 4:50 PM							
5:00 – 5:50 PM	STRETCH PILATES SHANON			STRETCH CHAIR PILATES GAIL			
6:00 – 6:50 PM	SCULPT BODY SCULPTING SHANON	SCULPT BODY SCULPTING KYLE	PUMP CYCLE BURN NICOLE	STRETCH ZUMBA SHUFFY	SCULPT TRX ROCKLIN		
7:00 – 7:50 PM		PUMP CARDIO BOOTCAMP ROCKLIN	PUMP WUKKOUT! KRISTA	PUMP SPIN BOOT CAMP ROSA			
		STRETCH HATHA YOGA DAWN					
8:00 – 8:50 PM						 ALL INSTRUCTORS & TRAINERS ARE AVAILABLE FOR PRIVATE TRAINING SESSIONS	
8:30 – 9:00 PM							
9:00 – 9:50 PM							