

# CUPERTINO SPORTS CENTER MAY FITNESS SCHEDULE

## MORNING

## EVENING

MON.

7-7:45 AM Boot Camp w/ Lyja  
8:45-9:30 AM TRX w/ Lyja  
9:30-10:30 AM UJAM w/ Monica  
9:30-10:30 AM Trekking w/ Lyja  
10:30-11:30 AM ABS w/ Raychel  
11:30 AM - 12:30 PM Strength Training w/ Raychel

6-7 PM Bombay Jam w/ Archana  
7-8 PM Vinyasa Yoga w/ Tejal

TUE.

9-10 AM Power Yoga w/ Melissa  
10-10:30 AM ABS & TRX w/ Melissa  
10:30-11:30 Zumba w/ Monica  
12-1 PM Circuit Training w/ Melissa

6:15-7:15 PM Zumba Strong w/ Haideh  
7:15-8:15 PM Bombay Jam w/ Bhuvna

WED.

7-7:45 AM Boot Camp w/ Raychel  
9:15-10:15 AM UJAM w/ Monica  
9:30-10:30 AM Trekking w/ Raychel  
10:30-11:30 AM Body Sculpting w/ Raychel

6-7 PM Zumba w/ Jennifer  
7-8 PM Yoga w/ Kae (**NO Class 5/3 or 5/10**)

THU.

8:30-9:30 AM Power Yoga w/ Melissa  
9:30-10 AM ABS & TRX w/ Melissa  
10:15-11:15 AM Viva Asia w/ Ruby  
12-1 PM Circuit Training w/ Melissa

6-6:45 PM TRX & ABS w/ Raychel  
6:45-7:45 PM Bombay Jam w/ Archana

FRI.

7-7:45 AM Boot Camp w/Lyja  
8:45-9:30 AM TRX w/ Lyja  
9:30-10:30 AM Yoga w/ Sa-ad  
9:30-10:30 AM Trekking w/ Lyja  
10:30-11:30 AM Core w/ Lyja

6-7 PM Zumba w/ Raquel

SAT.

8:15-9 AM Cardio TRX w/ Anita  
9:10-10:10 AM Power ABS w/ Raychel  
10:30-11:30 AM Yoga w/ Sa-ad (**NO class 5/27**)  
11:30-12:30 PM Zumba w/ Monica

SUN.

8:10-9:05 AM Bombay Jam w/ Bhuvna  
9:10-10:05 AM Yoga w/ Bhuvna  
10:15-11:15 AM Zumba w/ Polly

### Teens Welcome!

All fitness classes are open to individuals 13 years age or older!

### Personal Training

Did you know we have certified personal trainers onsite? Ask the front desk about booking a session.

