

CUPERTINO SPORTS CENTER

MARCH FITNESS SCHEDULE

MORNING

EVENING

MON.

8:45-9:30 AM TRX w/ Raychel
9:35-10:30 AM UJAM w/ Monica
9:35-10:30 AM Trekking w/ Raychel
10:35-11:30 AM Body Sculpting w/ Raychel
11:35AM-12:30PM Viva Asia w/ Ruby

6-6:55 PM Zumba w/Huichen
7-7:55 PM Vinyasa Yoga w/ Raychel

TUE.

9-9:55 AM Power Yoga w/ Melissa
10-10:30 AM ABS & w/ Melissa
10:35-11:30 Zumba w/ Monica
11:35-12:30 PM Circuit Training w/ Melissa

6-6:45 PM Spring Into Shape w/ Raychel
6:50-7:45 PM Bombay Jam w/ Sonia

WED.

8:30-9:25 AM Bootcamp w/ Aboli
9:30-10:25 AM UJAM w/ Monica
9:35-10:30 AM Trekking w/ Raychel
10:35-11:30 AM Body Sculpting w/ Raychel
11:35-12:30 PM Zumba w/ Li- Fen

6-6:55 PM Zumba w/ Jennifer
7-7:55 PM Yoga w/ Rashmi

THU.

8:30-9:25 AM Power Yoga w/ Melissa
9:35-10:30 AM ABS w/ Melissa
10:15-11:10 AM Viva Asia w/ Ruby
11:35-12:30 PM Circuit Training w/ Melissa

6-6:45 PM Spring Into Shape w/ Raychel
6:50-7:45 PM Bombay Jam w/ Archana J.

FRI.

8:45-9:30 AM TRX w/ Raychel
9:35-10:30 AM Yoga w/ Kae
9:35-10:30 AM Trekking w/ Raychel
10:35-11:30 AM Dynamic Stretching w/ Kae
11:35-12:30PM Zumba w/ Li-Fen

6-6:55 Bombay Jam w/ Amit

SAT.

8:15-9 AM Bombay Jam w/ Archana P.
9:10-10:10 AM HIIT/ Functional Fitness w/ Aboli
10:20-11:20 AM Yoga w/ Polly
11:30-12:30 PM Zumba w/ Monica

SUN.

8:10-9:05 AM Yoga w/ Tejal
9:10-10:05 AM Bombay Jam w/ Hilary
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.