

# CUPERTINO SPORTS CENTER

## AUGUST 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  
11:35 AM - 12:30 PM Viva Asia w/ Ruby

6-6:55 PM Bombay Jam w/ Geetha  
7-7:55 PM Vinyasa Yoga w/ Tejal

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 AM-12:30 PM Circuit Training w/ Melissa

6-6:45 PM Summer Slim Down w/ Raychel  
6:50-7:45PM Bombay Jam w/ Bhuvna

WED.

8:15-9:10 AM Boot Camp w/ Aboli  
9:15-10:10 AM UJAM w/ Monica  
9:35-10:30 AM Trekking w/ Raychel  
10:35-11:30 AM Body Sculpting w/ Raychel

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

THU.

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

6-6:45 PM Summer Slim Down w/ Raychel  
6:50-7:45 PM Bombay Jam w/ Archana

FRI.

8:45-9:30 AM TRX w/ Raychel  
9:35-10:30 AM Yoga w/ Sa-ad  
9:35-10:30 AM Trekking w/ Raychel  
10:35-11:30 AM Dynamic Stretching w/ Kae

6-6:55 PM Bombay Jam w/ Geetha

SAT.

8:15-9 AM Cardio TRX w/ Anita  
9:10-10:10 AM Body Sculpting w/ Raychel  
10:20-11:20 AM Yoga w/ Polly  
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

#### Fitness Classes

All fitness classes are open to  
Individuals over the age of 13

#### Personal Training

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

