



October Fitness Schedule

Monday

9:30 to 10:15 a.m. Cardio Pilates w/ Monica
10:25 to 11:25 a.m. Zumba w/ Monica
6 to 7 p.m. Zumba w/ Jennifer
7:10 - 8:10 p.m. Flow Yoga w/ Dominique

Tuesday

8:45 to 9:30 a.m. Strength & Conditioning w/
Raychel
9:35 to 10:35 a.m. Restorative Flow Yoga w/
Raychel
10:45 to 11:45 a.m. Zumba w/ Monica
6 to 7 p.m. TRX/Bootcamp w/ Raychel
7:10 to 8:10 p.m. Bombay Jam w/ Amit

Wednesday

9:45 to 10:45 a.m. Zumba w/ Li-Fen
6 to 7 p.m. Zumba w/ Jennifer
7:10 - 8:10 p.m. Core Strength and
Conditioning with Ellie

**Please bring a mat and a towel to class.
All classes need a mat except Zumba.**

There is no child care available.

- **Please arrive on time, there is a five minute grace period.**

Thursday

8:45 to 9:30 a.m. Strength & Conditioning w/
Raychel
9:35 to 10:35 a.m. Restorative Flow Yoga w/
Raychel
10:45 to 11:45 a.m. Zumba w/ Huichen
6 to 7 p.m. TRX/Bootcamp w/ Raychel
7:10 to 8:10 p.m. Restorative Yoga w/
Dominique

Friday

8:45 to 9:45 a.m. HIIT w/ Aboli
9:55 to 10:55 a.m. **Zumba** w/ Huichen
11 a.m. to 12 p.m. Body Sculpting w/ Raychel
6 to 7 p.m. Bombay Jam w/Sonia

Saturday

9:15 to 10:15 a.m. Zumba w/ Huichen
10:30 to 11:30 a.m. Bombay Jam w/Amit

Sunday

9 to 10 a.m. Bombay Jam w/ Sonia
10:15 to 11:15 a.m. Vinyasa Yoga w/ Jahara

