

CUPERTINO SPORTS CENTER

APRIL 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 with 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

THU.

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

6-6:45 PM TRX & ABS w/ Raychel
6:45-7:45 PM Bombay Jam with 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
10:20-11:20 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

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.

