

Monday			Friday		
Beyond Gym Hike	Ann	8:00 AM	Wet & Wild Water Splash	Maria	9:00 AM
Water Wonderland	Maria	9:00 AM	Bootcamp Explosion	Cassidy	8:30 AM
Total Conditioning	Bill	8:30 AM	Power Flow Yoga	Mar	9:30 AM
Full Flow Yoga	Doona	9:45 AM	Mat Pilates	Georgia	10:30 AM
Zumba	Maria	10:45 AM	Qi Gong	Lyn	11:30 AM
Stretch & More	Mari	12:00 PM	Saturday		
Mat Pilates	Georgia	4:00 PM	All About Dance	Kim	8:30 AM
Circuit Conditioning	Jensy	5:00 PM	Muscle Corset	Anna	9:30 AM
Dance Electric	Anna	6:00 PM	Slow Flow Yoga	Doona	10:45 AM
Strong Flow Yoga	Kim	7:00 PM	9:00am Spin	Beth	9:00 AM
8:30am Spin	Hayley	8:30 AM	Sunday		
6:00pm Spin	Deb	6:00 PM	Yogic Waves	Etienne	9:30 AM
Tuesday			Beyond the Barre	Amanda	10:45 AM
Hatha Yoga	Isha	8:30 AM	8:30am Spin	Mark	8:30 AM
Aquarobics 1	Mari	9:00 AM	Small Group Personal Training - Appointment Required		
Barre Above	Sarah	9:45 AM	8:30am Monday	REBUILD	Corkey 805-218-4629
Aquarobics 2	Mari	10:00 AM	9:45am Monday	ROCK IT	Danielle 818-219-4835
Breath Centered Yoga	Rowan	10:45 AM	5:00pm Monday	ROCK IT	Trudie 805-797-8388
Flexibility Training	Susan	12:00 PM	6:00am Tuesday	ROCK IT	Corkey 805-218-4629
Mindul Meditation	Nancy	5:00 PM	8:30am Tuesday	ROCK IT	Danielle 818-219-4835
Pumped Up Strength	Sarah	6:00 PM	8:30am Wednesday	REBUILD	Corkey 805-218-4629
Yoga Flow	Ellen	7:00 PM	9:45am Wednesday	ROCK IT	Danielle 818-219-4835
5:45am Spin	Mallory	5:45 AM	5:00pm Wednesday	ROCK IT	Trudie 805-797-8388
8:30am Spin	Angela	8:30 AM	6:00am Thursday	ROCK IT	Corkey 805-218-4629
Wednesday			8:30am Friday	ROCK IT	Danielle 818-219-4835
Aqua Zumba	Maria	9:00 AM	8:00am Saturday	ROCK IT	Kathleen 805-506-9654
Core Strength	Erin	8:30 AM			
WERQ Dance Fitness	Sarah	9:30: AM			
Vigorous Vinyasa Yoga	Ellen	10:45 AM			
Flexibility Training	Susan	12:00 PM			
Pilates Matwork	Natalie	4:00 PM			
Strength Fusion	Kirby	5:00 PM			
Restorative Yoga	Lindsay	6:00 PM			
8:30am Spin	Jess	8:30 AM			
Thursday					
Ease into Exercise	Lynn	7:45 AM			
Mindful Flow Yoga	Mar	8:30 AM			
Aquarobics 1	Mari	9:00 AM			
Total Body Conditioning	Mar	9:45 AM			
Aquarobics 2	Mari	10:00 AM			
Restorative Yin Yoga	Robyn	11:00 AM			
Flexibility Training	Susan	12:00 PM			
Circuit Training	Trudie	5:00 PM			
Peaceful Vinyasa Yoga	Paige	6:00 PM			
5:45am Spin	Debbie	5:45 AM			