



# GROUP EXERCISE SCHEDULE

Effective AUGUST 2018

TIME	MON	TUES	WED	THURS	FRI	SAT
6:00 AM		Spin w/Scott		Spin w/Scott		
8:00 AM	ZUMBA w/Sophia 8:30-9:30	Fit After 50 w/Alan		Fit After 50 w/Alan	ZUMBA w/Sophia	Spin w/Sylwia
9:00 AM		Dynamic Toning w/Alan	Boot Camp w/Amanda 9:15-10:15	Dynamic Toning w/Alan	Boot Camp w/David 9:15-10:15	PILATES w/Sylwia
10:00 AM		Yoga w/Rich		Yoga w/Rich	Tai Chi w/George 10:30-11:30	
5:00 PM	Youth Karate 5:00-5:45		Youth Karate 5:00-5:45	Boot Camp w/David		
6:00 PM	Adult Karate 6:00-6:50	Spin w/Sylwia	Adult Karate 6:00-6:55	Cardio Kickboxing w/Jenny		
7:00 PM	Yoga w/Rich	PILATES w/Sylwia 7:00-7:50	ZUMBA w/Mireya	WORLDANZ w/Amanda 7:00-7:50		
8:00 PM	WORLDANZ w/Amanda	Adv Karate Brn/Blk Belts 8:00-9:00		Adult Karate 8:00-9:00		
Castillo's Shotokan Karate						

***\*Classes are subject to change or cancellation without notice\****

## Child Care

Mon - Thurs 8am - 1pm & 5pm - see child care room for closing hours

Fri 8am - 1pm / Sat 8am - 12pm

## Club Hours

Mon - Fri 4:45am - 10pm

Sat 6am - 8pm / Sun 8am - 8pm

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