



# Group Exercise Schedule

\$ Paid Classes	All Levels
	Beginning/Int.
	Intermediate
	Int./Advanced

revised 2.1.2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am							
6:00am	<b>Bootcamp</b> Kick'n Ash 5:30am-6:30am	<b>Kettlebell Club</b> 6am-7am Paid Class	<b>Bootcamp</b> Kick'n Ash 5:30am-6:30am	<b>Kettlebell Club</b> 6am-7am Paid Class			
7:30am	<b>Cardio Move</b> Julia 7:30-8:30am		<b>Body Basics</b> Kendall 7:30-8:30am	<b>Senior Strength</b> Liz 7:30-8:30am	<b>Senior Strength</b> Liz 7:30-8:30am	<b>Kettlebell Club</b> 7:00-8:00am Paid Club	
8:45am	<b>Yogalates</b> Rachel 8:45-9:45am	<b>Yoga</b> Jenna 8:45-9:45am	<b>Pilates</b> Sandra 8:45-9:45am	<b>Yoga</b> Jenna 8:45-9:45am	<b>Pilates</b> Kendall 8:45-9:45am		<b>Gentle Yoga</b> Denise 8:45-9:45am
10:00am	<b>Boot Camp</b> Tracy/Kristen 10:00-11:00am	<b>H.E.A.T.</b> Kendall 10-11am	<b>Boot Camp</b> Tracy 10:00-11:00am	<b>Bootcamp</b> Luciana 10:00-11:00am	<b>HEAT</b> Kendall 10:00 - 11:00am	<b>Boot Camp</b> Kristen 9:30-10:30am	<b>Boot Camp</b> Tracy/Kristen 10:00-11:00am
10:45am	<b>Zumba</b> Barbara 11:00-12:00pm	<b>Vinyasa Yoga</b> Rachel 11:00-12:00pm		<b>Vinyasa Yoga</b> Kendall 11:00-12:00pm		<b>Zumba</b> Holly/Sarah 10:30-11:30am	<b>Zumba</b> Sarah 11am-12noon
12:00pm	<b>High Impact</b> Derek 12:00 - 12:45pm		<b>Boot Camp Boxing</b> Derek 12:00 - 12:45pm		<b>Zumba Toning</b> Barbara 12:00-1:00pm		<b>Koguma West Karate Club</b> Sensei Berger 12:00-2:00pm
4:30pm		<b>Power Barre</b> Sarah 5pm-6pm	<b>Fitness Fusion</b> Rachel 4:30-5:30pm	<b>Power Barre</b> Kristen 4:30-5:30pm			
5:30pm	<b>Zumba</b> Barbara 5:00-6:00pm		<b>Zumba</b> Denise 5:30-6:30pm	<b>Total Body Toning</b> Kendall 5:30-6:30pm	<b>Zumba</b> Rika, Luciana 5:30-6:30pm		
6:30pm	<b>Kickboxing</b> Andrea 6:00-7:00pm	<b>Muscle Works</b> Andrea 6:30-7:30pm	<b>Yoga Flow</b> Beth 6:30-7:30pm	<b>Zumba</b> Sarah 6:30-7:30pm	<b>Koguma West Karate Club</b> Sensei Berger 6:30-8:30pm		<b>UCD Cheer</b> Andrea 6:15-7:15pm Private Program
8:00pm	<b>Yoga</b> Kendall 7:00-8:00pm	<b>Abs, Back, Core</b> Andrea 7:30-8:30pm	<b>Kickboxing Conditioning</b> Andrea 7:30-8:30pm	<b>Boxing</b> Hector 7:30-9:00pm Paid Class			
	<b>Boxing</b> Hector 8:00-9:30pm Paid Class		<b>Koguma West</b> Karate Club Sensei Berger 8:30-10:00pm				

## Group Cycling Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am							
6:00am		<b>Liz</b> 6:30-7am	<b>Lori</b> 6-7am	<b>Liz</b> 6:30-7am			
9:00am	<b>Lisa</b> 9-10am	<b>Ray</b> 9-10am	<b>Kendall</b> 9-10am	<b>Lisa</b> 9-10am	<b>Lori</b> 9-10am	<b>Chris</b> 9:15-10:15am	<b>Beth/Erika</b> 8:30-9:30am
5:00pm	<b>Kendall</b> 5:00-6:00pm			<b>Nick</b> 5:45pm-6:30pm			<b>Thrive</b> 10-11am
6:00pm	<b>DHS Practice</b> 6:15-7:15pm	<b>Kendall</b> 5:45-6:45pm	<b>Erika</b> 6:00-7:00pm				

**PASS REQUIRED** Please pick up a pass for this class at the front desk in order to guarantee yourself a spot in that class. Only one class pass per person on a first come basis.

**CLASS DESCRIPTION:** Go to [www.GetFitDavis.com](http://www.GetFitDavis.com) or call 530-759-7746 more info.

Class schedule is subject to change without notice.