



GROUP EXERCISE CLASS SCHEDULE

5125 Waring Road
San Diego, CA 92120
(619) 431-5407
Mon - Fri: 5am-9pm
Sat & Sun: 8am-4pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 AM						
9:00 AM	Yoga - Stephanie -		Yoga - Michal -			HIIT - Kennedy -
10:30 AM						Yoga - Paige -
5:30 PM	HIIT - Addie -	Mat Pilates - Kennedy -	HIIT - Jason -	Mat Pilates - Talia -		
6:30 PM	Yoga - Paige -	HIIT - Jazmin -	Yoga - Aryn -	Yoga - Vanessa -		

Download the TruSelf App from the App Store to reserve a spot in class!

It is recommended to reserve a spot in class ahead of time.

Having trouble with the App? Contact us for help!

Check out the class descriptions on the TruSelf Sporting Club website:
www.TruSelfSportingClub.com