



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		Strength Circuit - Jan -				
9:00 AM	Slow Flow Yoga - Stephanie -		Level 1 Vinyasa Yoga - Michal -			HIIT - Kennedy -
10:30 AM						Length & Strength Yoga - Paige -
4:30 PM		HIIT - Jazmin -		Power Yoga - Vanessa -		
5:30 PM	HIIT - Addie -	Mat Pilates - Kennedy -	HIIT - Jason -	Mat Pilates - Talia -		
6:30 PM	Length & Strength Yoga - Paige -		Slow Flow Yoga - Aryn -			