

GROUP X

Spring 2015

Monday	Tuesday	Wednesday	Thursday	Friday
PEAK Yoga Sequoia Nancy 8:00-8:50 AM Spin in the Dark Mojave Elizabeth 8:00-8:50 AM	PEAK Interval Sequoia Melissa 8:00-8:50 AM	PEAK Yoga Sequoia Nancy 8:00-8:50 AM Spin in the Dark Mojave Elizabeth 8:00-8:50 AM	PEAK Interval Sequoia Melissa 8:00-8:50 AM	Butts & Guts Sequoia Monica 11:30-12:30 PM
PEAK Yoga Sequoia Nancy 9:00-9:50 AM	PEAK Interval Sequoia Melissa 9:00-9:50 AM	PEAK Yoga Sequoia Nancy 9:00-9:50 AM	PEAK Interval Sequoia Melissa 9:00-9:50 AM	Strength & Cardio Circuit Sequoia Justine 1:30-2:15 PM
PEAK Yoga Sequoia Nancy 10:00-10:50 AM	1/2 Hour Abs Sequoia Monica 11:30-12:00 PM	PEAK Yoga Sequoia Nancy 10:00-10:50 AM	1/2 Hour Abs Sequoia Monica 11:30-12:00 PM	
Strength & Cardio Circuit Sequoia Justine 11:30 AM-12:15 PM	Butts & Guts Sequoia Monica 12:15-1:15 PM	Strength & Cardio Circuit Sequoia Justine 11:30 AM-12:15 PM	Butts & Guts Sequoia Monica 12:15-1:15 PM	
H.I.I.T Sequoia Simone 5:15-6:15 PM	Modern Ballet Sequoia Faby 5:15-6:15 PM	H.I.I.T Sequoia Simone 5:15-6:15 PM	Modern Ballet Sequoia Faby 5:15-6:15 PM	
Power Core Sequoia Efrain 6:30-7:00 PM	Hip Hop Sequoia Faby 6:30-7:30 PM	Power Core Sequoia Efrain 6:30-7:00 PM	Hip Hop Sequoia Faby 6:30-7:30 PM	
Cardio Boxing Sequoia Efrain 7:15-8:15 PM	Self Defense Sequoia Efrain 7:45-8:45 PM	Cardio Boxing Sequoia Efrain 7:15-8:15 PM	Self Defense Sequoia Efrain 7:45-8:45 PM	
4x15 Cardio Mojave Desiree 8:30-9:15 PM	Spin in the Dark Mojave Elizabeth 9:00-10:00 PM	4x15 Cardio Mojave Desiree 8:30-9:15 PM	Spin in the Dark Mojave Elizabeth 9:00-10:00 PM	
Core Circuit Sequoia Desiree 9:30-10:00 PM		Core Circuit Sequoia Desiree 9:30-10:00 PM		

