


ALAMEDA FITNESS & SPA - GROUP EX SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yoga Carl 10a - 11a Studio 1	Cardio Splash Michele 9a - 10a Pool Belly Dancing Sumaia 12p - 1p Studio 1 Gentle Aqua Tina (45 mins) 1:30p - 2:15p Pool Cardio Kick Michelle 5p-6p Studio 1 Pilates Mat Stefanie 5:30p- 6:30p Studio 3 Cardio Orbit Eduardo 6p - 7p Studio 1 Karate (kids) Andrea \$ 6:30p - 7:15p Studio 2 Karate (adult) Andrea 7:15p - 8p Studio 2	Aqua Zumba Anna 10a - 11a Pool Just Breathe Natasha 11a - 11:45p Studio 3 Yoga Lin 12p - 1p Studio 1 Power Pulse Michele 5:30p - 6:30p Studio 1 Cardio Splash Michele 6:30p - 7:30p Pool Zumba Eduardo 6:30p - 7:30p Studio 1	Cardio Splash Michele 9a - 10a Pool Yoga Carl 9:45a - 10:45a Studio 1 Cardio Kick Michelle 11a - 12p Studio 1 Gentle Aqua Tina (45 mins) 1:30p - 2:15p Pool Belly Dancing Sumaia 6p - 7p Studio 1 Cardio Orbit Eduardo 6p - 7p Studio 3 Karate (kids) Bob \$ 6:30p - 7:15p Studio 2 (\$ Zumba) Eduardo 7p - 8p Studio 1 Karate (adult) Bob 7:15p - 8:00p Studio 2	Aqua Zumba Anna 10a - 11a Pool Therapeutic Posture Stretch Ann 10a - 11a Studio 2 Zumba Anna 11a- 12p Studio 1 Yoga Ava 4:30p - 5:30p Studio 1 Round 12 Boxing Jamel 5:30p - 6:30p Studio 2 Pilates Mat Stefanie 5:30p - 6:30p Studio 3 Power Pulse Michele 5:30p - 6:30p Studio 1 Cardio Splash Michele 6:30p - 7:30p Pool Ballroom Salsa Zuane 6:30p - 7:30p Studio 1	Cardio Splash Michele 9a - 10a Pool <div style="text-align: center;"> CLASS SCHEDULE  </div> Ping Pong Amanda/Henry 5:30p - 6:30p Court 9 Karate (kids) Larry \$ 6p - 6:45p Studio 1 Karate (adult) Larry 6:45p - 7:30p Studio 1	Latin Hip Hop Fuse Eduardo 10a - 11a Studio 1 <div style="background-color: black; color: white; padding: 5px;"> (\$ Grp Pilates) Stefanie 11a - 12p Pilates Rm </div> Body Revolution Eduardo 11a - 12p Studio 1 <div style="text-align: center; padding: 10px;"> <p>To sign up for Group Pilates classes, please register online: www.ourclublogin.com/510644 use keytag # as both your username & password</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">LEGEND</p> <p>(\$) - Paid classes</p> <p>Highlighted Blue- NEW classes</p> <p> - Group Pilates</p> </div>