



CLASS CLUB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 8:55am FIT Core with Corry	8:30 - 8:55am FIT Core with Pamela	8:30 - 8:55am FIT Core with Corry	8:30am - 8:55am FIT HIIT with Pamela	8:00 - 8:45am FIT Sculpt with Kim
9:00 - 9:45am FIT Interval with Corry	9:00 - 9:45am Kickboxing with Pamela	9:00 - 9:45am FIT Interval with Shiko	9:00am - 9:45am FIT Strength with Pamela	9:00 - 9:45am FIT Interval with Betsy
11:15am - 12pm Zumba with Shiko	10:00 - 10:45am Yoga Rehab with Rebecca	10 - 10:45am FIT Sculpt with Marie	10:00 - 10:45am Yoga Rehab with Rebecca	11:15am - 12pm Zumba with Shiko

PLEASE SEE WEBSITE FOR CLASS CLUB DESCRIPTIONS AND RULES

51 Peninsula Center • Rolling Hills Estates, CA 90274
310-421-1919 • www.Fitness19PV.com

