



Group Exercise Schedule

Phone No. (510) 791-2481

Schedule Subject to Change:::05/30

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 am					Boot Camp <i>Lina (8:30)</i>	Boot Camp <i>Nana</i>	
9:00 am	Boot Camp <i>Lina</i>		Boot Camp <i>Lina</i>			Mixedfit <i>Javier</i>	
9:30 am		Basic Fitness <i>Alice</i>		Basic Fitness <i>Alice</i>	Zumba <i>Javier (9:30)</i>		
10:30 am	Spice of Life <i>Monicah</i>	Boomer on Weights <i>Monicah(Starts 10:45)</i>	Spice of Life <i>Monicah</i>	Zumba Gold <i>Monicah(Starts 10:45)</i>			
11:00 am				Boomer on Weights <i>Monicah(Starts 11:15)</i>			
12:00 pm	Zumba <i>Monicah</i>	Bombay Jam <i>Rashida</i>	Mixedfit <i>Javier</i>	Bombay Jam <i>Rashida</i>			
5:00 pm		Zumba <i>Javier</i>		Zumba <i>Javier</i>			
5:30pm	Yoga <i>Bharat</i>			Yoga(Big Room) <i>Bharat</i>			
6:00 pm		Pilates / Yoga <i>Melanie</i>	Arms, Abs & Glutes by Nana	Pilates / Yoga <i>Melanie</i>			
6:30 pm	Strong by Zumba <i>Maria Charito</i>		Zumba <i>Monicah</i>				
7:00 pm		Boot Camp <i>Lina</i>		Mixed fit <i>Javier</i>			
7:30 pm	Mixedfit <i>Javier</i>		Bombay Jam <i>Sandhya</i>				

All of our instructors are certified, and they follow the guidelines to ensure the safety and effectiveness of your workout.

Club Hours: Monday - Thursday: 4:30am to 11pm ; Friday: 4:30am to 9pm ; Saturday: 7am to 6pm ; Sunday: 7am to 5pm

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