

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Fitness Classes	6:00 AM	<b>BODYPUMP</b> 6:00 - 6:45 AM Peggy Mind & Body Studio		<b>BODYPUMP</b> 6:00 - 6:45 AM Peggy Mind & Body Studio		<b>Effective February 1st</b>  * Please register online due to space/equipment limitations (allows us to communicate with you also!)  * To allow members on waitlist to take class, please cancel if unable to attend		
	7:00 AM	<b>Cycle HIIT</b> 7:15 - 7:45 AM Peggy Cycle Studio		<b>SPRINT</b> 7:15 - 7:45 AM Kimi Cycle Studio				
	8:00AM	<b>RPM</b> 8:00 - 8:45 AM Terri Cycle Studio	<b>BODYPUMP</b> 8:00 - 8:45 AM Tamara Mind & Body Studio	<b>RPM</b> 8:00 - 8:45 AM Michelle Cycle Studio	<b>BODYPUMP</b> 8:00 - 8:45 AM Tamara Mind & Body Studio	<b>RPM</b> 8:00 - 8:45 AM Terri Cycle Studio	<b>RPM</b> 8:00 - 8:45 AM Michelle Cycle Studio	
		<b>BELLY DANCE</b> 8:00 - 8:45 AM Stuti Fitness Studio		<b>BELLY DANCE</b> 8:00 - 8:45 AM Stuti Fitness Studio				
	9:00 AM	<b>STAYFIT Fluidity</b> 9:00 - 9:45 AM Kaleo Fitness Studio	<b>STAYFIT Mat</b> 9:00 - 9:45 AM Susie Fitness Studio	<b>STAYFIT Cardio</b> 9:00 - 9:45 AM Kimi Fitness Studio	<b>STAYFIT Mat</b> 9:00 - 9:45 AM Susie Fitness Studio	<b>STAYFIT Energy</b> 9:00 - 9:45 AM Kimi Fitness Studio	<b>YOGA FLOW</b> 9:00 - 9:45 AM Peggy Mind & Body Studio	<b>BODYPUMP</b> 9:00 - 9:45 AM Terri/Tamara Mind & Body Studio
		<b>HOT YOGA</b> 9:00 - 10:15 AM Jamie Mind & Body Studio	<b>BODYCOMBAT</b> 9:00 - 9:45 AM Tamara Mind & Body Studio	<b>VINYASA YOGA</b> 9:00 - 10:15 AM Dana Mind & Body Studio	<b>BODYCOMBAT</b> 9:00 - 9:45 AM Tamara Mind & Body Studio	<b>HOT YOGA</b> 9:00 - 10:15 AM Brook Mind & Body Studio		
	10:00 AM	<b>Qi Gong</b> 10:00 - 10:45 AM Kaleo Fitness Studio			<b>Qi Gong</b> 10:00 - 10:45 AM Kaleo Fitness Studio		<b>BODYPUMP</b> 10:00 - 10:45 AM Peggy Mind & Body Studio	<b>RPM</b> 10:00 - 10:45 AM Terri/Michelle Cycle Studio
	11:00 AM	<b>MAT PILATES</b> 11:00 - 11:45 AM Terri Mind & Body Studio	<b>BARRE</b> 11:00 - 11:45 AM Terri Mind & Body Studio	<b>BALANCE/CORE/ STRENGTH</b> 11:00 - 11:45 AM Diana Mind & Body Studio	<b>BARRE</b> 11:00 - 11:45 AM Kimi Mind & Body Studio	<b>CORE-LATES</b> 11:00 - 11:45 AM Brook Mind & Body Studio	<b>BODYCOMBAT</b> 11:00 - 11:45 AM Tamara Mind & Body Studio	<b>YIN FLOW YOGA</b> 11:00 AM - 12:15 PM Brook Mind & Body Studio
							<b>BODYBALANCE</b> 11:00 - 11:45 AM Peggy Fitness Studio	
	12:00 PM	<b>BODYPUMP</b> 12:00 - 12:45 PM Tamara Mind & Body Studio	<b>HATHA YOGA</b> 12:00 - 1:15 PM Susie Mind & Body Studio	<b>BODYPUMP</b> 12:00 - 12:45 PM Terri Mind & Body Studio	<b>HATHA YOGA</b> 12:00 - 1:15 PM Susie Mind & Body Studio	<b>SPRINT</b> 12:00 - 12:30 PM Tamara Cycle Studio	<b>ZUMBA</b> 12:00 - 12:30 PM Tamara Mind & Body Studio	
4:00 PM / 5:00 PM	<b>STRENGTH &amp; CONDITIONING</b> 5:00 - 5:45 PM Michelle Mind & Body Deck		<b>CYCLE then SCULPT</b> 5:00 - 5:50 PM Michelle Cycle Studio			<b>HOT YOGA: FLOW&amp;RESTORE</b> 4:00 - 5:15 PM Brook Mind & Body Studio		
5:30 PM		<b>BODYPUMP</b> 5:30 - 6:15 PM Terri Mind & Body Studio		<b>BODYPUMP</b> 5:30 - 6:15 PM Elizabeth Mind & Body Studio	<b>February 2024 Events: Register via Member Portal</b>  2/11 11:00am Partner Yoga  2/18 9am Hike with Pups @ Del Monte Forest (register for free entry into Pebble Beach)  2/20 10:30a Pilates Reformer Intro Class  2/20 5:00pm Accelerated Hypnotherapy Experience with Amanda \$65			
6:00 PM	<b>HOT YOGA</b> 6:00 - 7:15 PM Brook Mind & Body Studio		<b>HOT YOGA</b> 6:00 - 7:15 PM Jamie Mind & Body Studio					
6:30 PM		<b>RPM 30</b> 6:30 - 7:00 PM Terri Cycle Studio						
Pool	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	10:00 AM	<b>AQUA</b> 10:00 - 10:45 AM Freddie Pool	<b>AQUA</b> 10:00 - 10:45 AM Michelle Pool	<b>AQUA</b> 10:00 - 10:45 AM Freddie Pool		<b>AQUA</b> 10:00 - 10:45 AM Freddie Pool	<b>AQUA</b> 10:00 - 10:45 AM Sabrina Pool	