

Benicia Community Health and Fitness Club Class Schedule

AEROBICS

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30	Total Strength Nicole		Total Strength Nicole	ZUMBA Abbie	TRX Miguel	KICKBOXING Cheryl	
9:00							TRX Miguel
9:30		ZUMBA Jessi	BODY SCULPT. Cindy	BODY SCULPT Abbie	MOVE STRONG Melanie	ZUMBA Betty/Julia R.	
10:30	ZUMBA Valery	BARRE FUSIIION Steph J.	CARDIO HIP HOP DANCE/FITNESS Cindy	BARRE FUSIIION Steph J.	ZUMBA Jessi	MIND/BODY Susan	
PM							
5:30	TRX- Fergie* ZUMBA -BETTY*	<u>UJAM -5pm*</u> Melanie Str/End/Upper Fergie- 5:30p	<u>ZUMBA -5pm*</u> Valery	ZUMBA Betty			
6::00		Boxing Brandy - 6:30pm*	<u>STRENGTH/ END/LOWER- Fergie -6 pm*</u>				

SPIN

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	SPIN Abbie		SPIN Abbie		SPIN Abbie		
8:30	SPIN Patty/Julia		SPIN Julia B.	SPIN W WTS. Patty		SPIN Abbie/Patty	SPIN Nat/8am
9:30	SPIN Nicole	SPIN/TRX Patty / 9-10:30	SPIN Nicole		SPIN Julia B.		
10:30							
PM							
4:30				SPIN Julia B.			
6:30							

YOGA

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30	ROLLER Debra	EVERYBODY'S YOGA - Anina			YOGA Kay	<u>YOGA</u> <u>Promita-8am</u>	
9:30		MAT PILATES Debra	TAI CHI Mark	MAT PILATES Heather	<u>TAI CHI</u> <u>Mark - 10am</u>	YOGA Mark	YOGA Wendi
9:45	<u>YOGA-9:45am</u> <u>Milissa</u>		<u>YOGA-9:45am</u> <u>Milissa</u>		<u>YOGA-10:45a</u> <u>Neeley</u>		
10:30		YOGA Linda	CHI GONG Mark	YOGA Susan	<u>CHI GONG</u> <u>Mark - 11am</u>	TAI CHI Mark	<u>YOGA-11:30am</u> <u>Milissa</u>
PM							
5:30	YIN YOGA Wendi	YOGA Mark	YOGA Wendi	YOGA Wendi	<u>YOGA</u> <u>Promita-5pm</u>		
6:30		TAI CHI Mark					Update 10/20/2025

