

Benicia Community Health and Fitness Club Class Schedule

AEROBICS ROOM							
AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30				ZUMBA Abbie	TRX Miguel		
9:00							TRX Miguel
9:30	PILOXING Kristine	ZUMBA Kristine	BODY SCULPT. Cindy	BODY SCULPT Abbie	MOBILE, STRONG, LEAN Melanie	ZUMBA Nai	
10:30	ZUMBA Kristine	BARRE FUSIIION Steph J.	CARDIO HIP HOP DANCE/FITNESS Cindy	BARRE FUSIIION Steph J.	ZUMBA Jessi		
PM							
5:30	<u>TRX- Fergie*</u> <u>ZUMBA -BETTY*</u>	<u>UJAM -5pm*</u> <u>Melanie</u> <u>Str/End/Upper Fergie-</u> <u>5:30p</u>	<u>ZUMBA -5pm*</u> <u>Valerie</u>	ZUMBA - 5:30pm* Betty			
6::00		Boxing Brandy - 6:30pm*	<u>STRENGTH/</u> <u>END/LOWER-</u> <u>Fergie -6 pm*</u>				
SPIN ROOM							
AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	SPIN Abbie		SPIN Abbie		SPIN Abbie		
7:30							
8:30	SPIN Patty/Heather		SPIN Heather	SPIN Patty		SPIN Abbie/Patty	SPIN Nat
9:00		SPIN/TRX Patty / 9-10:30					
PM							
4:30							
6:30							
YOGA ROOM							
AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30						YOGA Kath./Wendi	
8:30	ROLLER Debra	EVERYBODYS YOGA - Anina	<u>YOGA - 9:30am</u> <u>Wendi</u>		YOGA Kay		
9:30	<u>YIN YOGA</u> <u>Kathleen</u>	MAT PILATES Debra	TAI CHI Mark	MAT PILATES Heather	TAI CHI Mark	YOGA Mark	YOGA Wendi
10:30			CHI GONG Mark		CHI GONG Mark	TAI CHI Mark	YOGA Milissa - 11:30
PM							
5:30	YIN YOGA Kathleen	YOGA Mark	YOGA Gail	YIN YOGA Wendi			
6:30		TAI CHI Mark					Update 3/3/25

