

Benicia Health and Fitness Club Class Schedule

AEROBICS ROOM							
AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30				ZUMBA Abbie			
9:30	PILOXING Kristine	ZUMBA Kristine	Cardio - SCULPT. Cindy	BODY SCULPT Abbie	MOBILE, STRONG, LEAN Melanie	ZUMBA Lyn	
9:30							
10:30	ZUMBA Kristine				ZUMBA Jessi		
PM							
5:30	TRX - Fergie* ZUMBA - Betty*	<u>STR/END/UPPER- Fergie*</u> <u>UJAM- Melanie*</u>	<u>ZUMBA -5pm*</u> <u>Valerie</u>	ZUMBA Betty			
6:30			<u>STRENGTH/ END/LOWER- Fergie-6pm*</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/STRENGTH Patty / 9-10:30					
PM							
4:30	SPIN Heather		SPIN Heather				
6:30							
YOGA ROOM							
AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30						YOGA Milissa	
8:30	ROLLER Debra	EVERYBODY'S YOGA - Anina	<u>YOGA - 9:30am</u> <u>Milissa</u>		YOGA STRETCH Kay		
9:30		MAT PILATES Debra	TAI CHI Mark	MAT PILATES Shiva	TAI CHI Mark	YOGA Mark	YOGA Wendi
10:30			CHI GONG Mark		CHI GONG Mark	TAI CHI Mark	
PM							
5:30	YOGA Kathleen	YOGA Mark	YOGA Gail	YOGA Gail			
6:30		TAI CHI Mark					Updated 4/15/2024

Monday-Friday 5:00 AM to 9:00 PM -- Saturday 7:00 AM to 7:00 PM -- Sunday 7:00 AM to 5:00 PM