

## Benicia Community Health and Fitness Club Class Schedule

AEROBICS ROOM							
AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30				ZUMBA Abbie			
9:00							<b>TRX Miguel</b>
9:30	PILOXING Kristine	ZUMBA Kristine	BODY SCULPT. Cindy	BODY SCULPT Abbie	MOBILE, STRONG, LEAN Melanie	ZUMBA Nai	
10:30	ZUMBA Kristine	BARRE FUSIION Steph J.	THROW DOWN DANCE/FITNESS Cindy	BARRE FUSIION Steph J.	ZUMBA Jessi		
PM							
5:30	<b>TRX- Fergie*</b> <b>ZUMBA -BETTY*</b>	<b>STR/END/UPPER- Fergie*</b> <b>UJAM- Melanie*</b>	<b>ZUMBA -5pm*</b> <b>Valerie</b>	ZUMBA Betty			
6:30			<b>STRENGTH/ END/LOWER- Fergie-6pm*</b>	Boxing Brandy			
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			SPIN Heather				
6:30							
YOGA ROOM							
AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30						YOGA Wendi	
8:30	ROLLER Debra	EVERYBODYS YOGA - Anina	<b>YOGA - 9:30am Milissa</b>		YOGA Kay		
9:30	<u>YIN YOGA</u> <u>Milissa</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	
PM							
5:30	YIN YOGA Wendi	YOGA Mark	YOGA Gail				
6:30		TAI CHI Mark					Updated 11/11/2024

