

Benicia Community Health and Fitness Club Class Schedule

AEROBICS ROOM							
AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30				ZUMBA Abbie			
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 FUSIION Steph J.	THROW DOWN DANCE/FITNESS Cindy	BARRE FUSIION Steph J.	ZUMBA Jessi		
PM							
5:30	TRX- Fergie* ZUMBA -BETTY*	UJAM -5pm* Melanie	ZUMBA -5pm* Valerie	ZUMBA - 5:30pm* Betty			
6::00		STRENGTH/ END/UPPER- Fergie 5:30PM	STRENGTH/ END/LOWER- Fergie -6 pm*	Boxing Brandy - 6:30pm			
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	YOGA - 9:30am Milissa		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 12/10/2024

