

Del Norte Group Fitness Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	 BODYPUMP <small>LES MILLS BODY TRAINING SYSTEMS</small>		 BODYPUMP <small>LES MILLS BODY TRAINING SYSTEMS</small>				
7:30am	MUSCLEWORKS Doreen		YOGA All Levels Toni		MUSCLEWORKS Doreen	 BODYPUMP <small>LES MILLS BODY TRAINING SYSTEMS</small>	
8:00am	PILATES CORE Doreen	Yin-Yang YOGA Maqqi		Hatha 1 YOGA Joyce	PILATES CORE Doreen	7:15-8:15am	
8:30am	YOGA Toni				Hatha 2 YOGA Ruth	Hatha 2 YOGA Toni	
9:00am			PILATES MAT Judy				
9:30am		 BODYPUMP <small>LES MILLS BODY TRAINING SYSTEMS</small>		 BODYPUMP <small>LES MILLS BODY TRAINING SYSTEMS</small>		 BODYPUMP <small>LES MILLS BODY TRAINING SYSTEMS</small>	
9:45am	BODY  VIVE.		BODY  VIVE.		BODY  VIVE.	9:45-10:45am	
10:45am					AEROLITE Heather		
11:00am		ARTHRITIS TAI CHI Shawen		ARTHRITIS TAI CHI Shawen		BODY  VIVE.	
12:15pm	STABLE & STRONG Merry		STABLE & STRONG Cathy				
4:30pm	BODY  VIVE.	AB BLAST Emily	BODY  VIVE.	AB BLAST Emily			
5:00pm		CARDIO FUSION Alison		CARDIO FUSION Alison			
5:30pm	 BODYPUMP <small>LES MILLS BODY TRAINING SYSTEMS</small>		 BODYPUMP <small>LES MILLS BODY TRAINING SYSTEMS</small>				
6:00pm		 BODYPUMP <small>LES MILLS BODY TRAINING SYSTEMS</small>		 BODYPUMP <small>LES MILLS BODY TRAINING SYSTEMS</small>			
7:00pm	Hatha YOGA I Traci	TAI CHI Dave	Hatha YOGA II Janeen	TAI CHI Dave			
8:00pm				FENCING Ron			

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am	AQUA CIRCUIT Kelsey	AQUA POWER Doreen	CARDIO INTERVAL Cathy	AQUA POWER Doreen	NOODLE MANIA Judy		
9:30am	AQUA CIRCUIT + Kelsey	WATER WALKING Doreen	CARDIO INTERVAL+ Cathy	WATER WALKING Doreen	NOODLE MANIA Judy	AQUA COMBO Darlene/Joanne 9-10:15am	
10:45am	A-A-A Judy	WATER WALKING Doreen	A-A-A Judy	WATER WALKING Doreen	NOODLE MANIA Judy		
12:00pm	AQUA Rx Judy		AQUA Rx Judy				
4:30pm		AQUA COMBO Staff		AQUA COMBO Staff			
6:15pm	CARDIO INTERVAL+ Staff	NOODLE MANIA Darlene	AQUA COMBO Judy	AQUA POWER Darlene			

Aquatic Fitness