

Kathy's Healthclub of PLEASANTON

GROUP EXERCISE SCHEDULE Effective July 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 a.m. SCULPT Carol (60)	5:45 a.m. PILATES Robin (60)	5:45 a.m. CARDIO SCULPT Carol (60)	5:45 a.m. CYCLE Elsa (60)			
			6:45 a.m. YOGA STRETCH Elsa (15)		8:00 a.m. * <i>N</i> BOOGIE BOX Anette (60)	8:00 a.m. KICKBOX Staff (60)
8:30 a.m. STEP Anette (60)	8:30 a.m. SCULPT Robin (60)	8:30 a.m. YOGA Stacey (60)	8:30 a.m. SCULPT Robin (60)	8:30 a.m. STEP Anette (60)	9:00 a.m. BALL PILATES Robin (60)	9:00 a.m. SCULPT Carol (60)
9:30 a.m. ZUMBA Robin C (60)	9:30 a.m. KICK BOOT Robin (60)	9:30 a.m. STEP Georgeann (60)	9:30 a.m. KICK BOOT Robin (60)	9:30 a.m. ZUMBA Irene (60)	10:00 a.m. CYCLE CIRCUIT Robin (60)	10:00 a.m. PILATES Shelley (60)
10:30 a.m. SCULPT Robin (60)	10:30 a.m. PILATES Robin (60)	10:30 a.m. CYCLE INTERVAL Georgeann (60)	10:30 a.m. PILATES Robin (60)	10:30 a.m. YOGA * <i>N</i> Tatiana (60)		
4:30 p.m. YOGA Stacey (60)				11:30 a.m. DANCE FIT Milan (60)		
5:30 p.m. CYCLE Susan (60)	5:30 p.m. BOOT CAMP Tina (60)	5:30 p.m. CYCLE Susan (60)	5:30 p.m. KICKBOX (1,15,29) STEP (8,22) Anette (60)			
6:30 p.m. KICK CIRCUIT Agnes (60)	6:30 p.m. SCULPT Agnes (60)	6:30 p.m. ZUMBA Anel (60)	6:30 p.m. SCULPT Christine (60)	6:00 p.m. * <i>F</i> FIGHT NIGHT Malvika (90)		
	7:30 p.m. * <i>F</i> WT LOSS PROG Robynn (60)		7:30 p.m. * <i>F</i> WT LOSS PROG Robynn (60)			

CLUB HOURS

Mon. - Thurs. 5:30am - 10:00pm

Friday 5:30am - 9:00pm

Weekend 7:00am - 5:00pm

CHILDCARE HOURS

Mon. & Wed. 8:30am - 12:00pm

Tues & Thurs 8:30am - 12:00pm

Friday 8:30am-12:30pm

Mon. - Thurs. 4:30pm - 7:30pm

Saturday 8:00am - 11:30am

Kathy's Healthclub of PL

3170 Santa Rita Rd. Suite A5

Pleasanton, CA 94566

925-426-0105

www.KathysHealthclub.com

**Schedules may need to change without notice.

**F*= Program *FEE*

**N* = *NEW* Class, Time, and/or Instructor