

Kathy's Healthclub of SAN RAMON

GROUP EXERCISE SCHEDULE Effective November 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 a.m. STEP INTERVAL Georgeann (60)	8:45 a.m. SCULPT Jennifer (60)	8:30 a.m. FLOOR Jamie (60)	8:45 a.m. SCULPT Georgeann (60)	8:30 a.m. FLOOR Leslie/Jamie (60)	8:00 a.m. DANCE ATTACK Lori (60)	8:20 a.m. YOGA Cynthia (60)
9:30 a.m. BALL SCULPT Jamie (60)	9:45 a.m. KICKBOXING Shannon (60)	9:30 a.m. CYCLE CIRCUIT Robin (60)	9:45 a.m. STEP Georgeann (60)	9:30 a.m. PILATES Robin (60)	9:00 a.m. STEP Georgeann (60)	9:30 a.m. CYCLE Leslie/Jamie (60)
10:30 a.m. CYCLE Leslie (60)	10:45 a.m. BOOT CAMP Shannon (60)	10:30 a.m. BALL INTERVAL Robin (60)		10:30 a.m. CYCLE CIRCUIT Robin (60)	10:00 a.m. SCULPT Georgeann (60)	10:30 a.m. BASIC STEP Leslie (60)
12:00 p.m. *C YOGA/PILATES Shannon (30)	12:00 p.m. *F TAI CHI Bada (90)	12:00 p.m. *C YOGA/PILATES Shannon (30)	12:00 p.m. *F TAI CHI Bada (90)	12:30 p.m. *C CARDIO BLAST Shannon (30)	3:45 p.m. YOGA Elsa (60)	
4:30 p.m. YOGA Marilee (60)				1:00 p.m. *C YOGA/PILATES Shannon (30)		
5:30 p.m. STEP/FLOOR Becky (60)	4:30 p.m. FIT MIX Leslie (60)	4:30 p.m. YOGA Marilee (60)	4:30 p.m. FIT MIX Leslie (60)	4:30 p.m. CARDIO BLAST Shannon (30)		
*N 6:30 p.m. *C INTRO ZUMBA Irene (30)	5:30 p.m. CYCLE Georgeann (60)	5:30 p.m. STEP/FLOOR Becky (60)	5:30 p.m. CYCLE Elsa (60)	5:00 p.m. YOGA Shannon (60)		
7:00 p.m. KICK BOOT Robin (60)	6:30 p.m. KICKBOXING Shannon (60)	6:30 p.m. SCULPT Robin (60)	*N 6:30 p.m. *C ZUMBA Irene (60)	*F 6:00 p.m. KNOCKOUT Robin (30)		
8:00 p.m. PILATES Robin (60)		7:30 p.m. PILATES Robin (60)		6:30 p.m. KICK BOOT Robin (60)		
				7:30 p.m. *F KNOCKOUT Robin (30)		

**Schedules may need to change without notice.

CLUB HOURS

Mon. - Thurs. 5:30am - 10:00pm
 Friday 5:30am - 9:00pm
 Weekend 7:00am - 5:00pm

CHILDCARE HOURS

Mon. & Wed. 8:30am - 12:30pm
 Tues, Thurs-Fri 8:30am-12:00pm
 Mon. - Thurs. 4:30pm - 7:30pm
 Saturday 8:00am - 11:30am

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