

JUNE '08		San Mateo Gym					
Time	MON	TUE	WED	THU	FRI	SAT	SUN
5:15 AM	Mid Mgmt	Mid Mgmt	Mid Mgmt		Mid Mgmt		
	Liz T	Beverly	Beverly		Beverly		
5:30 AM	TBC	Step Int	Double Step Int	Pilates	Step Int		
	Liz T	Beverly	Beverly	Liz T	Beverly		
7:45 AM				NIA		Yoga I	
				Elizabeth		Melora	
9:00 AM	CardioKick Int	Power Sculpt	TBC	Salsa	Boot Camp	High NRG	
	Holly	Michelle B	Debbie	Steven	Michelle Z	Tim	(10:15 AM)
10:10AM		Slvr Sneakrs I		SlvrSneakrs I			Yoga-Cyclists
		Nancy		Michele			Allisun
10:30AM	Yoga Fusion		Yoga Fusion		Family Drums	Yoga I (10:15)	
	Liz		Liz		Liz	Teri	
11:05 AM		Slvr Sneakrs I		SlvrSneakrs I		HipHop(11:40)	Yoga(11:30)
		Nancy		Michele		Jessie	Allisun
12:00 PM	QuickFit (12:15)	Pilates	QuickFit(12:15)	Pilates	Tae Bo		
	Michele	Wendy K	Caroline	Liz S.	Amy M.		(1:10 PM)
1:30 PM	SlvrSnkrs II		SlvrSnkrs II				Pilates Basics
	Elissa		Elissa				Liz T.
4:15 PM				Quick Fit			
4:30 PM	High NRG	KickBox Int	High NRG	Mid Mgmt 4:45	Cardio Blast Int		
	Tim	Holly	Tim	Kaye	Tim		
5:00 PM				Quick Fit			
				Kaye			
5:40 PM	Summer Boot	Step 2	CardioKick Int	StripTease	CardioKick Int		
	Beverly	Michelle Z	Heather	Shelley	Heather		
6:45 PM	Salsa	Fitball Int	Salsa	Fitball	StripTease		
	Steven	Elissa	Michelle H	Cathie/Elissa	Valerie		
8:00PM	Yoga 1	Hip Hop(7:45)	Yoga 1				
	Jennifer	Jennifer T.	Jennifer				
WATER CLASSES							
9:00AM	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	
	DeeAnne	Cathy S.	Yuki	Cathy S.	Danita	Elissa	
10:15AM	SilverSplash		SilverSplash				
	DeeAnne		Yuki				
4:45PM	Aqua Fitness			Aqua Fitness	Aqua Fitness		
	Debi			Evalina	Bonnie		
5:30 PM		Aqua Fitness	Aqua Fitness				
		Bonnie	Marissa				
6:00PM	Aqua Fitness			Aqua Fitness			
	Rebecca			Rebecca			

STUDIO B

June '08

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5:45AM	CYCLING	CYCLING(5:30)	CYCLING	CYCLING(5:30)	CYCLING		
	ED	DOLORES	TIFFANY	DOLORES	STEFANIE		
9:00AM						CYCLING	CYCLING
						MARY JO	BOB
9:30AM		CYCLING		CYCLING		CYCLING(10am)	CYCLING(10am)
		PATTIE		TEDDY		JEN	TBD
10:30AM							
12:00PM	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING		
	NANCY	DIANA	GREG	DIANA	TEDDY		
4:30PM	CYCLING	CYCLING	CYCLING	CYCLING			
	MARY JO	TIFFANY	JEN	PATTIE			
5:30PM	CYCLING	CYCLING		CYCLING(5:40)			
	SCOTT/TONY	RENE		LIBBIEY			
6:45PM	CYCLING	CYCLING	6:00 CYCLE				
	ERIN	RENE	ERIN				