GROUP EXERCISE AND PROGRAMS MAY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 – 6:45am Studio Cycling S2 - Rebecca	6:00 - 7:00am Total Body Cond. S1 - Glynis	5:45 - 6:45am Cardio/ Calistthenics YS - Al	6:00 - 7:00am Total Body Cond. S1 - Glynis	5:45 – 6:45am Cycle N2 the Weekend S2 - JR	7:45 - 845am Cycle N2 the Weekend S2 - Sarah	7:30 - 8:30am SwaSthya Yoga YS - Guilherme
6:00 - 7:00am Iyenger Yoga 1B S1 - Evelia	7:00 - 8:00am Foam Roller S1 - Billy	5:45 – 6:45am Cycle Circuit S2 - KC	7:15 - 8:15am SwaSthya Yoga YS - Guilherme	6:00 - 7:00am Iyengar Yoga 1A S1 - Evelia	8:00 - 9:00am Zumba S1 - Cedric	8:30 - 9:30am Cycle N2 the Weekend S2 - Sarah
7:00 - 8:00am Iyengar Yoga 1A S1 - Evelia	7:15 - 8:15am Vinyasa Yoga YS - Murti	6:00 - 7:00am Iyengar Yoga 1A S1 - Evelia	7:30 - 8:30am Pilates/Foam Roller S1 - Sarah	7:00 - 8:00am Iyengar Yoga 1A S1 - Evelia	9:00 - 9:55am Dynamic Stretch YS - Julia	8:30 - 9:30am Zumba S1 - Tiffany
8:30—9:30am Total Body Cond. S1 - Erica	8:30 - 9:30am Zumba S1 - Jennifer	7:00 - 8:00am Iyengar Yoga 2 YS - Evelia	7:30 - 8:30am Studio Cycling S2 - Raul	8:30 - 9:30am Total Body Cond. S1 - Mele	9:00 - 10:00am Aqua Fitness Pool - Marina	9:00 - 10:00am Aqua Fitness Pool - Gabby
9:45 - 10:55am Ballet Level 2 S1 - Marie	9:00 - 10:00am Pilates - Shiho S2 - *Fee Based*	7:00 - 8:00am Stretch & Relax S2 - Stuart	8:30 - 9:30am Kick Boxing S1 - Terri	9:45 - 10:55am Ballet Level 1 S1 - Marie	9:00 - 10:00am Step S1 - Al	9:30 - 10:30am Total Body Cond. S1 - Julia
11:00 - 12:00pm Pilates on the Ball S1 - Karen	9:40 - 10:40am Dynamic Stretch S1 - Julia	7:15 - 8:15am Zumba S1 - Alika	8:30 - 9:30am Tai Chi YS - Janet	11:30—12:30pm Aqua Zumba Pool - Carolina	9:00 - 10:00am Nia Technique S2 - Sharlene	10:30 - 12:00pm Hatha Yoga S2 - Paul
12:00 - 1:00pm Zumba S1 - Yumi	10:45 - 11:45am Tai Chi YS - Janet	8:30 - 9:30am Total Body Cond. S1 - Mele	9:45 - 10:45 Stretch & Relax S1 - Stuart	11:00 - 12:00pm Pilates on the Ball S1 - Cheryl	10:00 - 11:00am Vinyasa Yoga YS - Silvana	10:40 - 11:55am Jazz S1 - Marie
12:00 - 1:00pm Studio Cycling S2 - Raul	12:00 - 1:00pm Aqua Zumba Pool - Yumi	9:45 - 10:45am Beginner Ballet S2 - Landovsky	11:30 - 12:30pm Nia Technique S1 - Sharlene	11:00—12:00pm Gentle Flow Yoga YS - Sundae	10:00 - 11:15am Total Body Cond. S1 - Kathy	10:45 - 11:45am Universal Chi YS - Stuart
12:00 - 1:15pm Ashtanga Yoga YS - Yoko	12:15 - 1:30 Vinyasa Yoga S1 - Murti	10:00 - 11:00am Aqua Zumba Pool - Carolina	12:15 - 1:30pm Vinyasa Yoga YS - Lara	12:00 - 1:00pm Zumba S1 - Tiffany	10:45 - 12:00pm Jazz S2 - Cheryl	12:00 - 1:00pm Boot Camp S1 - Sarah
5:00 - 6:00pm Kick Boxing S1 - Terri	5:00 - 6:00pm AquaCardio Plus Pool - Chris	11:00 - 12:00pm Pilates on the Ball S1 - Karen	1:00 - 2:00pm Aqua Zumba Pool - Reina	12:00 - 1:00pm Studio Cycling S2 - Terri	11:20 - 12:20pm Dynamic Stretch S1 - Diane	
5:15 - 6:15pm Cycling S2 - Lexington	5:00 - 6:00pm Boot Camp S1 - Scotty	12:00 - 1:00pm Funk'd Cycling S2 - Eric	4:00 - 5:00pm Primal Sweat S1 - Jared	12:00 - 1:15pm Ashtanga Yoga YS - Vasana	12:15 - 1:15pm Gentle Flow Yoga S2 - David	
6:00 - 7:00pm Total Body Cond. S1 - Kathy	6:30 - 7:30pm Zumba S1 - Cedric	12:00 - 1:15pm Ashtanga Yoga YS - Yoko	5:00 - 6:00pm Boot Camp S1 - Scotty	3:30 - 5:15pm Boxing Privates S2 - Fee Based - Kevin	12:30 - 1:30pm Kick Boxing S1 - Terri	
6:00 - 7:15pm Vinyasa Yoga YS - Daniel	6:15 - 7:30pm Vinyasa Yoga YS - Sundae	4:30 - 5:30pm Tabata Bootcamp S1 - Terri	5:00 - 6:00pm Aqua Muscle Pool - Chris	5:00 - 6:00pm Club Salsa Dance S1 - Fee Based- Greg	1:30—3:00pm Beg Belly Dance S2 - Fee Based-Jean	
6:15 - 7:15pm Stretch & Relax S2 - Sundae	7:00 - 8:00pm Adv. Belly Dance S2 - Fee Based - Jean	5:30 - 6:30pm Bootie Camp S1 - Rachel	6:15 - 7:15pm Zumba S1 - Reina	5:30 - 6:30pm Studio Cycling S2 - Sarah	4:00pm Kids Swim lessons Pool - Fee Based- Claire	
7:15 - 8:15pm Afro Funk/Hip Hop S2-Fee Based-EZ	7:30 - 8:30pm Foam Roller YS - Nathan	5:45 – 6:45pm Studio Cycling S2 - John Henderson	6:15 - 7:30pm Vinyasa Yoga YS - David	HONOLULU CLUB® www.HonoluluClub.com 543.3937 932 Ward Avenue	5:00pm Adult Swim lessons Pool - Fee Based- Claire	
		6:15 - 7:15pm Vinyasa Yoga YS - David	6:00 - 7:00pm Women's Styling Salsa S2 - Fee Based - Greg			
		6:30 - 7:30pm Tahitian Dance S1– Fee Based-Kaipo	7:30 - 8:30pm Int. Tango Dance S1 - Fee Based - George			
		6:45 - 8:00pm Ballet Level 1 S2 - Marie				
		Wed. 7:30 - 8:30pm Beg. Tango Dance S1 - Fee Based - George				

YOGA
CYCLING
TOTAL BODY COND.
BALLET/JAZZ
BOOT CAMP
AQUA
KICK BOXING
STRETCH/ PILATES/FOAM ROLLER
FEE-BESED
ZUMBA
NEW /CHANGE
OTHER

FEE BASED CLASSES
Check with the instructor or front desk

S1- Studio 1- 5th Fl.
S2 - Studio 2 - 6th Fl
YS - Yoga Studio– 5th Fl.
PS - Pilates Studio - 7th Fl
Pool - Pool Deck - 7th Fl.

Class instructors, formats, locations, and times are subject to change without notice