

Meridian's Bodies in Motion ~ Group Exercise Schedule

Effective 1.29.08

Schedule subject to change without notice

CLUB HOURS: Mon-Thurs 5:00am-10:00pm / Fri 5:00am-9:00pm / Sat & Sun 7:00am-7:00pm

*** For updated schedule information please call 415.419.3513 ***

Basketball Court

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:15-9:05A Lo-Impact Aerobics Vicki	8:30-9:30A Sunrise Boxing Susan		8:30-9:30A Lo-Impact Aerobics Vicki	9:00-10:00A Cycle Ody	
9:30-10:30A Step Interval Cherie	9:30-10:30A Fit Ball Sculpt Susan	9:30-10:30A Cardio Step Rose	9:30-10:30A Fit Ball Sculpt Susan	9:30-10:30A Step Interval Cherie	9:30-10:45A Step/Sculpt Juliet	
10:30-11:00A Body Sculpt Cherie				10:30-11:00A Body Sculpt Cherie		11:00-12:00P Boot Camp John
12:00-5:00P OPEN Court Basketball	12:00-5:00P OPEN Court Basketball	12:00-5:00P OPEN Court Basketball	12:00-5:00P OPEN Court Basketball	11:00-9:00P OPEN Court Basketball	11:00-5:00P OPEN Court Basketball	11:15-5:00P OPEN Court Basketball
	5:30-6:30P Cardio Sculpt Katrina					
5:45-6:15P Abs/Core John	5:45-6:45P Cycle Ron	5:45-6:15P Abs/Core John	5:45-6:45P Cycle Vita	5:30-6:30P F.A.S.T. Ron		
6:30-7:30P Boot Camp John	6:30-7:30P Cardio Kick Boxing Kim	6:30-7:30P Boot Camp John	6:30-7:30P Cardio Kick Boxing Kim			



Studio 2 (Yoga & Pilates)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:30-9:45A Yoga Daniel Rauck		8:30-9:45A Yoga Daniel Rauck			8:30-9:30A Discovering Yoga Beth
	10:10-11:15A Strength Training I Jim			9:00-10:00A Pilates Mat Diane	10:00-11:00A Yoga Daniel Rauck	
				10:10-11:15A Strength Training I Jim		
5:15-6:15P Yoga Core Daniel	5:00-6:00P Pilates Mat Bob	5:15-6:15P Yoga Core Daniel	5:15-6:15P Strengthen & Lengthen w/Ody			
6:30-7:30P Iyengar Yoga Greg	6:00-7:00P Yoga Beth	6:30-7:30P Iyengar Yoga Greg				

