



LAFAYETTE HEALTH CLUB CLASS SCHEDULE FOR _____ / _____

	MON	TUES	WED	THURS	FRI	SAT	SUN
6 am	Strength/Cond 6:00-7:00	Yoga Basics 6:00-7:15	Cycle 6:00-7:00	Yoga 6:00-7:15	Cycle/Streng 6:00-7:00		
7 am	Cycle & Chat 7:15-7:55		Flexibility- Pilates 7:15-8:15		Flexibility- Pilates 7:15-8:15		
8 am	Pilates 8:00-8:55	Super Circuit 8:00-9:00	Beginning Yoga 8:20-9:30	Super Circuit 8:00-9:00	Zumba/ 8:20-9:30	Strength 8:00-8:40 Cycle 8:45-9:30	Zumba 8:30-9:30
9 am	Zumba 9:00-10:00	Yoga-lates 8:30-9:30 Strength/Cond 9:35-10:35	Strength/Core/ Conditioning 9:35-10:35	Yoga-lates 8:30-9:30 Gentle Yoga 4 Balance 9:35-10:35	Strength/Cond 9:35-10:35	Yoga Basics 9:00-10:15	Intermediate Yoga 9:35-11:05
10 am	Strength/Cond 10:45-11:45	Stretch/Core Balance 10:45-11:30	Strength/Cond 10:45-11:45	Stretch/Core Balance 10:45-11:30			
12 pm	Circuit 12:00-12:30 Gentle Yoga 12:30-1:30	Chi Gong 12:30-1:30	Gentle Yoga 12:30-1:30				
3 pm			Futures Kids 1:45-2:30				
4 pm	Simply Stretch 4:30-5:30			Cycle/Streng 4:00-5:00			
5 pm		Pilates 5:00-6:00		Pilates 5:00-6:00			
6 pm	Cycle 6:00-6:45 Strength/Cond 6:45-7:30	Strength/Cond 6:00-7:00	Cycle 6:00-6:45	Cycle 6:00-7:00 KIJ0 6:00-7:00			
7 pm		Yoga 7:15-8:30		Intermediate Yoga 7:00-8:15			

Circuit and Cycle Classes are downstairs in the Weight room Revised 07/10

Yoga, Pilates, Strength, Zumba, KIJ0 and Chi Gong Classes are upstairs in the main Classroom

www.lafayettehealthclub.com 85 Lafayette Circle, Lafayette, Ca. 925-284-7732