



LAFAYETTE HEALTH CLUB CLASS SCHEDULE FOR _____ / _____

MON	TUES	WED	THURS	FRI	SAT	SUN
TRX Strength 6:00-7:00	Yoga 6:00-7:15	SPIN/Pull 6:00-7:00	Yoga 6:00-7:15	SPIN/Pull 6:00-7:00		
Spin & Chat 7:15-7:45 (No Instructor)		Flexibility-Pilates 7:20-8:15		Flexibility-Pilates 7:20-8:15		
Pilates 7:55-8:55	Super Circuit 8:00-9:00	Gentle Yoga 8:20-9:30	Super Circuit 8:00-9:00	Zumba 8:30-9:30	Strength 8:00-8:35 SPIN 8:40-9:15	Zumba 8:30-9:30
Zumba 9:00-10:00 TRX Strength 10:00-10:50	Yoga-lates 8:25-9:25 Strength 9:35-10:35	Strength/TRX 9:35-10:35	Yoga-lates 8:25-9:25 Gentle Yoga 4 Balance 9:35-10:35	Strength 9:35-10:35	Yoga Basics 9:00-10:15	Intermediate Yoga 9:35-11:05
Strength 11:00-12:00	Stretch/Core Balance 10:45-11:30	Strength 10:45-11:45	Stretch/Core Balance 10:45-11:30		Pilates Mat 10:30-11:30	
Gentle Yoga 12:30-1:30	NIA 12:15-1:15 Starts 1/17/12	Gentle Yoga 12:30-1:30				
		Futures Kids 1:45-2:30				
			SPIN/Strength 4:00-5:00			
Simply Stretch 5:00-6:00	Pilates 5:00-6:00		Pilates 5:00-6:00			
SPIN 6:00-6:45 Strength 6:45-7:15	Strength 6:00-7:00	SPIN 6:00-7:00	SPIN 6:00-7:00 NIA			
	Yoga 7:15-8:30		Yoga 7:00-8:15			

Circuit and Spin Classes are downstairs in the Weight room **Revised 01/12**

Yoga, Pilates, Strength, Zumba, Classes are upstairs in the main Classroom

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

Mon.-Thurs.5:30am-9:30pm, Fri. 5:30am-8:30pm, Sat.7:30am-7 pm, Sun. 8am-5:30pm