

LOS GATOS FITNESS - GROUP EXERCISE CLASS SCHEDULE * You'll need a Spin Ticket. [Learn more...](#)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am		* Spin@ Luciana		* Spin@ Kate			
7:00am		Yoga I & II Dimple (75)	Yoga Basics I Evelyn (75)	Yoga I & II Connie (75)			
7:15am	CIRCUIT TRNG (45) CHRIS H.		CIRCUIT TRNG CHRIS H. (45)				
7:30am					QI GONG HARRY H.		
8:00am						PILATES I & II CINDY B.	MEDITATION BEEM W.
8:15am					* Spin@ Patty	CIRCUIT TRAINING CHRIS H. (45)	
8:30am	Pilates Core Catherine * Spin@ Patty		Pilates Core Juliet * Spin@ Patty		Pilates II & III Juliet		
8:45am		Barre Fitness Lisa		Barre Fitness Lisa			
9:00am							YOGA FLOW I & II REBECCA G.
9:15am						* Spin@ Luciana	
9:30am	CARDIO FUSION DEBORAH Y.		Zumba/Cardio Dance Deborah		* Spin@ Melissa 9:45 Ballroom Basics Chris	Zumba Pamela	* Spin@ Kristin
10:30am						Barre Fitness Deborah, Lisa	
10:45am	BROADWAY DANCE! GENO T.		BROADWAY DANCE! GENO T.				
11:00am	AQUA FITNESS MALINDA V.	TOTAL BODY ENERGIZER LAURA B.	Aqua Fit Irene	TOTAL BODY ENERGIZER LAURA B.	AQUA FITNESS DEBBIE H.		
12:00pm		Gentle Yoga Jody	Ballroom Basics/Chris	MIND BODY YOGA KAREN H.			
4:30pm	C.S.I. LUCIANA	STEP/SCULPT LUCIANA 45 MIN	C.S.I. LAURA B.				
5:00pm							Yoga Energy Flow - Jody
5:30pm	Barre Fitness Deborah	Pilates Core Tanya	Boot Camp Lucinda/Jen	Pilates Core Catherine	YOGA BREATH REBECCA G.		
6:15pm		* Spin@ Jennifer	SUPER CIRCUIT CHRIS H.	* Spin@ Jen			
6:30pm	* Spin@ Paris Cardio Kickbox Barbara (45)	Zumba Rita	* Spin@ Paris Yoga 1&2 Alice	Zumba! Amy			
evening	7:15 YOGA I & II ERIC	7:30 DANCE N SUCH GENO		7:30 DANCE N SUCH GENO			

ALL CLASSES ARE (1) ONE HOUR LONG UNLESS NOTED OTHERWISE Please call or email Deborah Yates ~ Fitness Director if you have any questions: Deborah@losqatosfitness.com / 408.354.5808