

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@ Luciana			
7:00am		Yoga I & II Linda (75)	Yoga Basics I Linda (75)	Yoga I & II Linda (75)	CXWORX Luciana		
7:15am	CIRCUIT TRNG (45) CHRIS H.		CIRCUIT TRNG CHRIS H. (45)				
7:30am					Qi Gong Harry		
8:00am						PILATES I & II CINDY B.	MEDITATION BEEM W.
8:15am					* Spin@ Patty	Circ. 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						9:15 Zumba Pamela * Spin@ Luciana	YOGA FLOW I & II REBECCA G.
9:30am	BODYPUMP™ Deborah		Zumba/Cardio Dance Deborah		* Spin@ Melissa		* Spin@ Kristin
9:45am		Cardio Fusion Deborah			Ballroom Basics Chris		
10:15am							U-Jam Corey
10:30am						BODYPUMP™ Luciana	
10:45am	BROADWAY DANCE! GENO T.		BROADWAY DANCE! GENO T.				
11:00am	Aqua Fitness Laura	Total Body Energizer Laura B	Aqua Fitness 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)	C.S.I. Julia				
5:00pm	5:25 BODYPUMP™ Luciana		5:25 BODYPUMP™ Deborah				Yoga Energy Flow - Jody
5:30pm		Pilates Core Tanya		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 BODYPUMP™ Matt	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@losgatosfitness.com / 408.354.5808