

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 PARIS (45)		SPIN ANGELA (45)			
7:00am		YOGA I & II LINDA T. (75)	YOGA BASICS I LINDA T. (75)	YOGA I & II LINDA T. (75)			
7:15am	CIRCUIT TRNG (45) CHRIS H.		CIRCUIT TRNG CHRIS H. (45) Circuit Room				
7:30am					QI GONG HARRY H.		
8:00am						PILATES I & II CINDY B.	MEDITATION BEEM W.
8:15am	SPIN PATTY L.	CIRCUIT TRAINING JERRY J. (45) Circuit Room		CIRCUIT CONDITIONING JERRY J.(45) Studio Room	SPIN PATTY L.	CIRCUIT TRAINING CHRIS H. (45) Circuit Room	
8:30am	PILATES II & III JULIET S.		PILATES I & II CINDY B.		PILATES II & III JULIET S.		
8:45am		BARRE FITNESS (45) LISA B					
9:00am							YOGA FLOW I & II REBECCA G.
9:15am			SPIN PATTY L.	CARDIO KICKBOX BARBARA (45)		SPIN SPIN STAFF	
9:30am	CARDIO FUSION DEBORAH Y. SPIN ANGELA	YOGA I & II KAREN H.	ZUMBA/CARDIO DANCE DEBORAH Y.		SPIN MELISSA S.	BARRE FITNESS STAFF	
10:45am	BROADWAY DANCE! GENO T.		BROADWAY DANCE! GENO T.				
10:30am						ZUMBA TAMARA	
11:00am	AQUA FITNESS MALINDA V.	TOTAL BODY ENERGIZER LAURA B.	AQUA FITNESS LORRAINE S.	TOTAL BODY ENERGIZER LAURA B.	AQUA FITNESS DEBBIE H. ZUMBA GOLD STAFF		
12:00pm		YOGA FLOW I & II KAREN H.		YOGA FLOW I & II KAREN H.			
4:30pm	CIRCUIT CONDITION JERRY J.	STEP/SCULPT BARBARA R. 45 MIN	CIRCUIT CONDITION LAURA B.	STEP/SCULPT BARBARA R. 45 MIN			
5:15pm		PILATES II & III TANYA B.		PILATES II & III KATHERINE K.			
5:30pm	PILATES II & III JULIET S.		PILATES II & III JULIET S.		YOGA I & II REBECCA G.		
6:15pm		ZUMBA! DANIELLE B.	SUPER CIRCUIT CHRIS H.	ZUMBA! DANIELLE B.			
6:30pm	SPIN PARIS CARDIO KICKBOX BARBARA (45)	SPIN LUCIANA	SPIN PARIS D.				
7:00pm			YOGA I & II ERIC M.				
7:15pm	YOGA I & II JODY H.						
7:30pm		DANCE N~SUCH GENO T.		DANCE N~SUCH GENO T.			

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