

# WELLNESS STUDIO SCHEDULE - 2008 *(subject to change)*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI DAY	SATURDAY	SUNDAY
7:00 AM <b>KICKBOXING</b> Alyona	6:30 AM <b>PI-YO</b> Patricia	7:00 AM <b>KICKBOXING</b> Alyona	7:00 AM <b>BODYWORKS</b> Tia	<b>NEW</b> 7:00 AM <u>INTER/ADV.</u> <u>PILATESCULPT</u> Tia	7:30 AM <b>STEP</b>  <i>(rotation)</i>	
8:00 AM <b>KICKBOXING</b> Alyona	8:00 AM <b>PI-YO</b> Tia		8:00-9:10 AM <b>YOGA</b> Maria	8:00 AM <b>PILATES</b> Karii / Victoria <i>(rotation)</i>	8:30-9:45 AM <b>YOGA</b> Patricia	8:30-9:55 AM <b>YOGA</b> Sarita
9:30 AM <u>INTER. PILATES</u> Tia	9:00-10:15 AM <b>YOGA</b> Patricia	9:00 AM <b>YOGA</b> Jeanine	9:15-10:00 AM <b>POWERHOUSE</b> Jim R.	9:00 AM <u>INTER. PILATES</u> Cat		10:00-11:15 AM <b>BODY</b> <b>SCULPTING</b> Chris
10:30 AM <b>YOGA</b> Jeanie G.	10:15-11:45 AM <b>T'AI CHI (Chen)</b> <b>WORKOUT</b> Loren	10:00 AM <b>QIGONG</b> Ann Marie	10:00-11:30 AM <b>YOGAFLOW</b> April G.	10:30 AM <u>INTER. YOGA</u> Patricia	10:00-11:45 AM <b>YOUTH DANCE #</b> Aimee	11:30 AM <u>INTER.</u> <u>PILATES</u> April
<b>Closed for</b> <b>UCSF study</b> 11:45-2:30		<b>Closed for</b> <b>UCSF study</b> 11:45-2:30		<b>Closed for</b> <b>UCSF study</b> 11:45-2:30	12:00-4:30 PM <b>YOUTH DANCE #</b> Aimee	
5:30 PM <b>YOGA</b> Jeanie G.	5:30 PM <b>JAZZ DANCE</b> Terry	5:30 PM <b>BODY</b> <b>SCULPTING</b> Sandra B.	5:30 PM <b>HIP-HOP</b> Terry	3:30-5:15 PM <b>YOUTH DANCE #</b> Aimee		
6:30-7:50 PM <u>INTER. YOGA</u> Jeanie G.	6:30 PM <b>STEP (Beg./Int.)</b> Sheila/ Margaret	6:30-8:00 PM <b>YOGAFLOW</b> April G.	6:30-7:45 PM <u>INTER. YOGA</u> Liz	5:30 PM <b>BODY</b> <b>SCULPTING</b> Sandra B.		
8:00 PM <u>INTER. T'AI CHI</u> (Yang) John D.	7:30-9:00 PM <b>AFRO-CUBAN</b> <b>DANCE</b> Sonly	<b>BALLROOM</b> <b>DANCE / Ken</b> 8 PM – <b>BEGINNER</b> 9 PM – <u>INTER.</u>	7:45-9:15 PM <b>AFRO-CUBAN</b> <b>DANCE</b> Sonly	7:00 PM <b>JUMPSTART</b> Amy	<b># Pre-enrollment required.</b>	