

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:20-6:30am CYCLE Studio 3 - Sal	5:20-6:20am HIIT CYCLE * Studio 3 - Danyell	5:20-6:20am CYCLE Studio 3 - Dawn	5:20-6:20am HIIT CYCLE Studio 3 - JoAnne	5:15-6:15am TCX Studio 1 - Theresa	8:00-9:00am POWER TONING Studio 1 - Rotation	8:00-9:00am INTRO : ASHTANGA YOGA Studio 2 - Jett
5:30-6:15am SHRED Studio 1 - Theresa	5:30-6:30am HIIT Track/Studio 1 - Bryan	5:30-6:30am SWEAT!!! Studio 1 - Theresa	8:00-9:00am POWER TONING Studio 1 - Ismail	5:20-6:20am HIIT CYCLE Studio 3 - Danyell	8:00-9:00am CYCLE Studio 3 - Bri	8:00-9:00am HIIT CYCLE Studio 3 - Rotation
8:00-9:00am PILATES Studio 1 - Jill	8:00-9:00am POWER TONING Studio 1 - Ismail	8:00-8:45am POUND Studio 1 - Jerri	9:15-10:15am SENIOR STRENGTH & CORE Studio 1 - Jordan	6:30-7:00am ATHLETIC STRETCH & CORE Studio 2 - Danyell	8:00-9:00am VINYASA FLOW YOGA Studio 2 - Olivia	9:15-10:15am POWER TONING Studio 1 - Rotation
8:00-9:00am GENTLE YOGA * Studio 2 - Helaine	9:15-10:00am BALLET BARRE Studio 1 - Sahar	8:00-9:00am GENTLE YOGA Olivia	9:15-10:15am PILATES Studio 2 - Nikki	8:00-9:00am BOSU BLAST Studio 1 - Bryan	9:15-10:15am CARDIO INTERVALS Studio 1 - Missi	10:30-11:30am ZUMBA Studio 1 - Rotation
8:00-9:00am HIIT CYCLE Studio 3 - Kylie	9:15-10:15am VINYASA FLOW YOGA Studio 2 - Karen F	9:15-10:15am HIIT CYCLE Studio 3 - Kylie	9:15-10:15am CYCLE Studio 3 - Rosie	8:00-9:00am CYCLE Studio 3 - Olivia	9:15-10:15am TURBOKICK Studio 2 - Caren/Sara	
9:15-10:15am SENIOR STRENGTH & CORE Studio 2 - Kylie	9:15-10:15am CYCLE Studio 3 - Doug	9:30-10:30am ALL LEVELS YOGA Studio 2 - Nicole H	***9:15-10:15am \$ KETTLEBELL TRAINING PulseX - Robin	9:15-10:15am POWER TONING Studio 1 - JoAnne	9:30-10:30am CYCLE Studio 3 - Pat	
9:15-10:15am ULTIMATE CONDITIONING PulseX - JoAnne	10:00-10:45am MEND Studio 1 - Sahar	9:30-10:15am POWER PUMP INTERVALS Studio 1 - Missi	10:20-11:15am EZ RIDER Studio 3 - Jennifer	9:15-10:15am YOGA FUNDAMENTALS II Studio 2 - Sarah	10:30-11:30am YOGA BASICS Studio 2 - Peter	
9:15-10:15am SWEAT!!! Studio 1 - Rosie	11:00am-12:00pm ZUMBA GOLD Studio 1 - Krista	10:30-11:30am LEBARRE Studio 1 - Nikki	10:20-10:55am *** MEND Studio 1 - Sahar	10:30-11:30am BODY BARRE Studio 2 - Nikki	12:00pm-1:00pm MEDITATION SERIES Studio 1- Jen (5/4, 18)	
10:30-11:30am LEBARRE Studio 2 - Nikki	12:15-2:30pm \$ TAI CHI SESSIONS Studio 1 - Hilary	1:30-2:30pm \$ TAI CHI - GENERAL Studio 1 - Hilary	10:30-11:30am YOGA BASICS Studio 2 - Peter	10:45-11:45am ZUMBA GOLD TONING Studio 1 - Kory		
10:30-11:30am YOGA FUNDAMENTALS I Studio 2 - Sarah	4:30-5:30pm TURBOKICK Studio 1 - Sara	4:30-5:30pm POWER TONING Studio 1 - Karen H	12:15-2:30pm \$ TAI CHI - SESSIONS Studio 1 - Hilary	4:30-5:30pm VINYASA FLOW YOGA Studio 2 - Chris		
10:30-11:30am EZ RIDER Studio 3 - JoAnne	4:30-5:15pm HARDCORE Studio 2 - Nicole M	4:30-5:30pm VINYASA FLOW YOGA Studio 2 - Chris	4:30-5:30pm BOOTY CAMP Studio 1 - Nicole M	4:30-5:30pm NO GUTS ALL GLORY * Studio 1 - David		
4:30-5:30pm ZUMBA Studio 1 - Rotation	5:45-6:45pm BOOT CAMP Studio 1 - Todd	5:30-6:30pm HIIT CYCLE Studio 3 - Kristin	4:30-5:30pm \$ PILATES REFORMER INT Studio 2 - Ellen	5:45-6:45pm ZUMBA Studio 1 - Krista		* New/Change Instructor
5:30-6:30pm CYCLE Studio 3 - Jessy	5:30-6:30pm CYCLE * Studio 3 - Monica	5:30-6:30pm POP PILATES Studio 2 - Jill	5:45-6:45pm MINDBODYHIIT Studio 1 - Renee			** Class time/schedule change
5:45-6:45pm SUPER SCULPT Studio 1 - Esther	7:00-8:00pm VINYASA FLOW YOGA Studio 2 - Kim	5:45-6:45pm DANCE! with Ankita 6/12, 26 ZUMBA with Jessica 6/5, 19 Studio 1	6:00-6:45pm CYCLE Studio 3 - Pat P			*** New/Returning Class
7:00-8:00pm INTRO : VINYASA YOGA Studio 2 - Pauline		6:30-7:30pm RIPPED Studio 2 - Karen H	7:00-8:00pm VINYASA FLOW YOGA Studio 2 - Kim			\$ Paid Class : Please register at Front Desk
		7:00-8:00pm \$ TAI CHI - GENERAL Studio 1 - Hilary				

* Please check the website <https://www.sfpremierhw.com> for schedule changes.