









LOS CAB GROUP FITNESS - March 2010

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am Boot Camp Julie	5:45am Cycle/Abs Marianne	6:00 am Boot Camp Julie	5:45am Cycle/Abs Marianne	6:00 am Boot Camp Julie	8:00 am* Step Plus Michelle
8:45am* Cycle Suzie	8:45am Boot Camp Suzie	8:45 am* Cycle Suzie	8:45* Step Plus Roxanne	8:45am* Cycle Suzie	9:15 am* Extreme Kickbox Workout Adriana
9:30am STRIDE Joanne	9:45am* Cardio/Sculpt Pam	9:30am STRIDE Joanne		9:30am STRIDE Joanne	ZUMBA GOLD Sherri
10:00am** Hatha Yoga Suzie	11:30 Balance by Design (45 min.) Debbie	10:00am Strength Circuit Suzie		10:00am** Hard Core Strength Nina	10:00am** Hatha Yoga Suzie
			11:30am**Hatha Yoga Brandt		SUNDAY
	4:30 PM Boot Camp Circuit Natalia	4:30pm Sculpt on the Ball Adriana	5:00 pm STRIDE Julie		11:30 Balance by Design (45 min.) Debbie (In the Yoga Studio)
5:30pm Step Plus Susan	5:30pm Cycle Leslie	5:30pm Ab-Solution Natalia	4:30 Cycle/Sculpt Leslie	4:30 Absolutely Core Natalia	9:00am * Hi/Low & Sculpt Wendy/Joanne
6:30pm Cycle Teresa	6:30pm Low Impact/Sculpt Wendy	6:30pm Cycle Mary	5:30pm Step Plus Michelle	5:30pm CYCLE Leslie	
	7:30 ZUMBA GOLD! Sherri		6:30pm Low Impact/Sculpt Wendy		
			7:00 Bellydance (P) Sherri		Questions or comments? Contact Marianne Grossman (714)546-8560 X230 or email FitCat01@aol.com

All classes are one hour long, unless otherwise indicated. Look for special markings: * = 1 hr. & 15 min. class ** = 1 hr. & 30 min. class