






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 am "Earlybird Pilates" (P) Karen (45 minutes)	9:00 am** Hatha Yoga (Y) Level I & II Raoul	9:30 am** Hatha Yoga (Y) Beginner/Level I Usha	9:00 am** Hatha Yoga (P) Level I & II Janet		7:30 am Intermediate Pilates Mat Class (P) Sharon
Intermediate 9:00am Pilates Mat Class (P) Sharon		Basic / Intermediate 9:00 am Pilates Mat Class (P) Karen		Basic/Intermediate 9:00 am Pilates Mat Class (P) Karen	9:00 am** YOGA BASICS (Y) Craig
10:00am**Vinyasa Flow Yoga Suzie (Main Aerobics Studio)	10:00am Pilates Basics (P) Karen	10:00am Strength/Cardio Basics (P) Angy	Level I & II 11:30am** Hatha Yoga Brandt (Main Aerobics Studio)	10:00am**Vinyasa Flow Yoga (Y) Suzie	1:00 pm** HATHA YOGA Beginner/Level I (P) RoxAnn
10:00am Strength/Cardio Basics (P) Angy		4:30 Pilates Basics (P) Kristi		10:00am Strength/Cardio Basics (P) Angy	SUNDAY
10:15am T'ai Chi Chih (Y) Diana	Basic/Intermediate 6:00pm Pilates Mat Class (P) Karen	6:00 pm** Hatha Yoga (Y) Level II Felicia	6:30pm** Hatha Yoga (Y) Level I&II/Restorative Barbara		9:30 am**HATHA YOGA Beginner/Level I (P) RoxAnn
4:30 Pilates Basics (P) Kristi	6:30pm** Hatha Yoga (Y) Level II Felicia	6:00 pm** Hatha Yoga (Y) Level II Lorna			Questions or comments? Contact Marianne Grossman Aerobics Program Director (714) 546-8560 X230 or email FitCat01@aol.com
6:00pm** Iyengar Yoga (Y) Craig					
*=1.25 hr.class **=1.5 hr.class			(Y)=Studio 2 (P)=Pilates Studio		