

West Seattle Health Club Group Exercise Schedule

November 5th - November 7th, 2014

Wednesday 11/5

Studio One

9:30am Yoga Flow w/Deborah
12:15pm Power Yoga w/Courtney

Studio Two

9:30am Cycle w/Risa

Studio Three

8:00am Fit and Fabulous w/Christine
11:00am Strength and Conditioning w/Courtney
4:00pm Survivor w/Teri
5:25pm Total Body Conditioning w/Teri
6:30pm Kick Mix w/Laura S

Thursday 11/6

Studio One

9:30am Pilates Mat w/Pam
12:15pm Yoga For Lunch w/Sherry

Studio Two

9:30am cycle w/Kristin

Studio Three

6:00am Total Body Conditioning w/Karen
9:30am Boot Camp w/Dana
4:15pm Kick It w/Nikki
5:25pm Zumba w/Gina

Friday 11/7

Studio One

8:30am Power Barre w/Christine
9:30am Dance Conditioning w/Christine
10:30am Yoga Flow w/John
12:15pm Power Yoga w/Courtney

Studio Two

9:30am BURN w/Risa

Studio Three

11:00am Strength and Conditioning w/Courtney
4:15pm Zumba w/Nicole