

BEYOND FITNESS/ FIT ONE GROUP FITNESS SCHEDULE

February

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am	Spin ♥ 5:30 Leslie	Spin ♥ 5:30-6:15 Stephanie	Spin ♥ 5:30 Leslie	Spin ♥ 5:30-6:15 Stephanie	Spin ♥ 5:30 Leslie	
8:00am	Ageless Fitness Dena Spin ♥ 8:45 Alishia	Spin ♥ 8:30-9:15 Brooke Zumba ♥ 8:30-9:15 Stephanie Step 1-2 ♥ 8:30-9:00 (PZ) Suzanne	Ageless Fitness Dena	Spin ♥ 8:30-9:15 Aaron Zumba ♥ 8:30-9:15 Stephanie Step 1-2 ♥ 8:30-9:00 (PZ) Suzanne	Ageless Fitness Dena Spin ♥ 8:45 Alishia	Spin ♥ 8:30 Step 2 ♥ 8:30
9:00am	Step 2&3 ♥ 9:00-9:45 Suzanne Hard Core Glide (Y) 9:30-10:00 Alishia All About Abs 9:45-10:00 Stephanie	Body Blast ♥ (PZ) Suzanne Fit Fusion ♥ 9:15-10:00 Stephanie	Step 2& 3 ♥ 9:00-9:45 Stephanie Spin ♥ 9:00 Aaron All About Abs 9:45-10:00 Stephanie	Body Blast ♥ (PZ) Suzanne Fit Fusion ♥ 9:15-10:00 Stephanie	Step 2&3 ♥ 9:00-9:45 Suzanne Hard Core Glide (Y) 9:30-10:00 Alishia All About Abs 9:45-10:00 Stephanie	Zumba ♥ 9:15
10:00am	Sculpt 10:00 – 10:30 Stephanie Circuit Training ♥ (PZ) Roxy	Let's Dance ♥ Debbe Mixed Level Pilates (PZ) Suzanne	Sculpt 10:00 – 10:30 Stephanie Circuit Training ♥ (PZ) Roxy	Let's Dance ♥ Debbe Mixed Level Pilates (PZ) Suzanne	Sculpt ♥ 10:00 – 10:30 Stephanie Circuit Training ♥ (PZ) Roxy	February 2/18 Spirited Motion with Debbe January Hoop Dancing 2/11 & 2/25 with Meg
10:30am	Mat Pilates 10:30 – 11:30am Mychelle		Mat Pilates 10:30- 11:30am Mychelle		Mat Pilates 10:30 – 11:30am Mychelle	
11:00am	Line Dancing ♥ (PZ) Terri	Sit & Be Fit (Y) 11:15 Debbe	Line Dancing ♥ (PZ) Terri	Sit & Be Fit (Y) 11:15 Debbe	Line Dancing ♥ (PZ) Terri	Belly Dancing (Y) Sarah Beginning 10:30 Advanced 11:30
12:00pm	CCCS P.E. Class 12:30pm- 2:40pm Group Exercise Studio (PZ)	CCCS P.E. Class 12:30pm- 2:40pm Group Exercise Studio (PZ)	CCCS P.E. Class 12:30pm- 2:40pm Group Exercise Studio (PZ)	CCCS P.E. Class 12:30pm- 2:40pm Group Exercise Studio (PZ)		
4:30pm	Body Pump 4:30-5:00 Stephanie	Hard Core Glide (Y) 4:30-5:00 Stephanie	Body Pump 4:30-5:00 Stephanie	Hard Core Glide (Y) 4:30-5:00 Stephanie		
5:00pm	All About Abs 5:00-5:15 Stephanie Quick Spin ♥ 5:15 Stephanie	Quick Spin ♥ 5:00-5:30 Stephanie	All About Abs 5:00-5:15 Stephanie Quick Spin ♥ 5:15 Stephanie	Quick Spin ♥ 5:00-5:30 Stephanie	CPR Tuesday February 14th 7:00 – 9:00 \$40.00 sign up at front desk	
5:30pm	Kickboxing ♥ 5:30-6:00 (PZ) Jen Step 1& 2 ♥ 6:00pm- 6:45pm Susie	Zumba ♥ 5:30-6:15 Stephanie Spin ♥ 5:45-6:30 (PZ) Susie	Kickboxing ♥ 5:30-6:00 (PZ) Jen Step 1& 2 ♥ 6:00pm- 6:45pm Susie	Zumba ♥ 5:30-6:15 Stephanie Spin ♥ 5:45-6:30 (PZ) Aaron	CPR Monday (PZ) February 6th 7:00 – 9:00 \$40.00 sign up at front desk	
6:00pm	Spin ♥ 6:00-6:45 Brad Super Sculpt 6:00-6:45 (PZ)Jen	Spin ♥ 6:00-6:45 Mychelle	Spin ♥ 6:00-6:45 Alishia Super Sculpt 6:00-6:45 (PZ)Jen	Spin ♥ 6:00-6:45 Angie		
6:30pm	Super Sculpt 6:45pm- 7:30pm Susie	Sculpt 6:30-7:15 (PZ) Susie	Super Sculpt 6:45pm- 7:30pm Susie	Sculpt 6:30-7:15 (PZ) Susie		
6:45pm	Zumba ♥ 6:45-7:45 (PZ) Jen		Zumba ♥ 6:45-7:45 (PZ) Jen			
7:00pm		Belly Dancing ♥ Mychelle		Hoop Dancing ♥ Meg	Karate 7:00-8:30 Chuck *fee based	

Schedule valid February 6th thru March 4th. Schedule subject to change.

(PZ) = class held at Pentz Location (Y) = Yoga Studio (♥) = Cardio focused class

7224 Skyway, Paradise (530) 877-7500 Hours M-F 4:30am-10pm Sat/Sun 7am-7pm

6854 Pentz Rd, Paradise (530) 872-2232 Hours M-F 4:30am-10pm Sat 7am-8pm Sun Closed

www.beyondfitnessclub.com