

San Diego Tennis & Racquet Club Group Exercise Schedule

Monday	Tuesday	Wednesday
9:00am Pilates Barre Fusion Jenn	8:30am Core & More Norm	9:00am Strength, Stretch, Mobility Shanna
	10:00am Total Body Strength Maryann	
12:00pm Iyengar Yoga Dan	10:00am Water Aerobics Susana	12:00pm Iyengar Yoga Basics Lisa
	11:00am Mat Pilates Chris	
4:30pm Raising the Bar Strength - 45 Serena	12:00pm Pilates Semi Private Group \$\$\$ Res Req Chris	4:30pm Happy Back Yoga Karen

Thursday	Friday	Saturday
9:15am Pilates Barre Fusion Jenn	8:30am Strength, Stretch, Mobility Shanna	8:45am Raising the Bar Strength - 45 Serena/ Maryann
10:00am Water Aerobics Susana		
11:00am Mat Pilates Carrie		10:00am Happy Back Yoga Karen
12:00pm Pilates Semi Private Group \$\$ Res Req Carrie		
4:30pm Raising the Bar Strength - 45 Serena		