

San Diego Tennis & Racquet Club Group Exercise Schedule

Monday	Tuesday	Wednesday
7-8am Hiit Conditioning Paige	8:30-9am Core & More Norm	9-10:00am Strength, Stretch, Mobility Shanna
9-10:00am Pilates Barre Fusion Jenn	10-10:50am Total Body Strength Maryann	
12-1pm Iyengar Yoga Dan	10-11:00am Water Aerobics Susana	12-1:00pm Iyengar Yoga Basics Lisa
	11-11:50am Mat Pilates Chris	12-12:50pm Pilates Semi-Private Group \$\$\$ Res Req Chris
4-4:50pm Pilates Semi-Private Group \$\$\$ Res Req Chris	12-12:50pm Pilates Semi-Private Group \$\$\$ Res Req Chris	
4:30-5:15pm Raising the Barre Strength-45 Serena	4:30- 5:30pm Gyrokinesis Holly	4:30-5:45pm Happy Back Yoga Karen

Thursday	Friday	Saturday
9:45-10:30am Pilates Barre Fusion Jenn/Michelle	8:30-9:30am Strength, Stretch, Mobility Shanna	8:45-9:30am Raising the Bar Strength - 45 Serena / Maryann
10-11:00am Water Aerobics Susana		
11-11:50am Mat Pilates Carrie	9:45 -10:45am Freaky Friday Group Fitness (TBA)	10-11:15am Happy Back Yoga Karen
12-12:50pm Pilates Semi Private Group \$\$ Res Req Carrie		
4:30-5:15pm Raising the Bar Strength - 45 Serena		