

Malibu Fitness

677-8888

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30 Spinning Andy <small>SPINNING</small>	5:30 Spinning Andy <small>SPINNING</small>	5:30 Spinning Ralph <small>SPINNING</small>			
9:15 Spinning Alice <small>SPINNING</small>	9:15 SET Cheryl	9:15 Spinning Deb <small>SPINNING</small>	9:15 SET Deb	9:15 Spinning Cheryl	8:30 Zumba Stacy	9:00 Spinning Rotation <small>SPINNING</small>
	Private Yoga Session \$\$ See Jeff Z			10:15 Gental Yoga Jeff <small>SPINNING</small>	9:00 Spinning Chris <small>SPINNING</small>	10:00 Yoga John
10:30 Seniors Silver Fit PT Staff	10:15 Gental Yoga Jeff			10:30 Seniors Silver Fit PT Staff	9:30 Boot Camp Rotation	
12:15 Spinning Cheryl	12:00 Express Circuit Randy/Chris	12:15 Spinning Alice <small>SPINNING</small>	12:00 Express Circuit Randy/Chris		10:00 Yoga Jeff	<u>HOURS</u> <u>Mon-Thurs</u> 4:30AM - 9:30PM
5:00 SET Amy	5:30 Just Abs Ryan	5:30 Just Abs Amy	5:30 Just Abs Chris S			<u>Friday</u> 4:30AM - 8:30PM
6:00 Spinning Sean <small>SPINNING</small>	5:30 Spinning Dave <small>SPINNING</small>	6:00 Zumba Missy	5:30 Spinning Chris <small>SPINNING</small>	6:00 Spinning Robert <small>SPINNING</small>		<u>Saturday</u> Summer 6:30AM-3PM
6:00 Mix It Up Michelle	6:00 SET Michelle	6:00 Spinning Robert <small>SPINNING</small>	6:00 SET Amy			<u>Sunday</u> Summer 6:30AM-1PM
7:00 Pilates Alice	7:00 Yoga Jeff Z	7:00 Pilates Alice	7:00 Yoga Jeff Z			<u>BABYSITTING</u> <u>Mon - Fri</u> 9AM - 11AM
						<u>Mon-Wed</u> 4PM - 7PM
						<u>Sat</u> 8:30AM - 11AM