

Malibu Fitness

677-8888

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 Spinning Ralph <small>SPINNING</small>	5:30 Spinning Andy <small>SPINNING</small>	5:30 Spinning Andy <small>SPINNING</small>			
					8:00 Spinning Staff <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/Hege	9:15 Spinning Holly <small>SPINNING</small>
10:15 Yoga Emily	10:45 Seniors Silver Fit PT Staff	10:15 Yoga Emily	10:45 Seniors Silver Fit PT Staff	10:15 Yoga Gisella	9:30 Spinning Chris <small>SPINNING</small>	10:30 Yoga John
12:15 Spinning Cheryl/Ryan	12:00 Express Circuit Randy	12:15 Spinning Alice/Deb <small>SPINNING</small>	12:00 Express Circuit Ryan/Randy <small>SPINNING</small>	12:15 Spinning Dennis <small>SPINNING</small>	9:30 Boot Camp Carlos/Sean Drew/Amy	
5:00 SET Amy	5:30 Just Abs Ryan	5:30 Just Abs Amy	5:30 Just Abs Ryan		10:00 Yoga Jeff	<u>HOURS</u> <u>Mon-Thurs</u> 4:30AM - 9:30PM
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>	<small>SPINNING</small>		<u>Friday</u> 4:30AM - 8:30PM
6:00 JAM Hege	6:00 SET Sean	6:00 Spinning Robert <small>SPINNING</small>	6:00 SET Amy	6:00 Spinning Starts Nov 6th Robert		<u>Saturday</u> 6:30-4PM
7:00 Pilates Alice/Rebecca		7:00 Pilates Alice/Rebecca				<u>Sunday</u> 6:30AM-2PM
	7:00 Yoga Jeff Z		7:00 Yoga Jeff Z			<u>BABYSITTING</u> <u>Mon - Fri</u> 9AM - 11AM <u>Mon - Thurs</u> 4PM - 7PM <u>Sat</u> 8:30AM - 11AM