

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 AM		30 min Metabolic Burn: JR		30 min Metabolic Burn: TM	30 min Metabolic Burn: JR	Great way to start your Saturday!!
7:00 AM		Yoga: Range of Motion TK		Yoga: Range of Motion TK		Step: 8:30 AM Body Sculpt 9:00 AM
8:00 AM	Water Aerobics: (At the Oaks) JD		Water Aerobics (At the Oaks) TK		Water Aerobics: (At the Oaks) TK	1st Sat: DK 2nd Sat: PK
8:30 AM	Cardio Aerobics: HH	Cross Training: DK	Step Training: DK	Cross Training: DK		3rd Sat: JR 4th Sat: HH
9:30 AM	Pilates: TK	15 min Abs: DK	45 min Stretch: DK	15 min Abs: DK	Pilates: MJ	5th Sat: PK
9:45 AM		Hinges & Twinges: (At the Oaks) TK	10:15 AM Dance: DK	Hinges & Twinges: (At the Oaks) TK		Sunday 9:00-10:30am Vinyasa Flow Yoga: KT
11:00 AM	Senior Fit: TK		Senior Fit: DK		Senior Fit: MJ	11:30 AM Circus Fitness Class:
12:00 PM		45 min Therapeutic Stretch TK		45 min Therapeutic Stretch TK		Bob Carreiro: 805-231-0700

Evening Classes

5:15 PM	5:30 PM (75 min) 30 min H.I.I.T. 30 min Yoga 15 min Meditation KM	Dance: DK	5:30 PM (75 min) 30 min H.I.I.T. 30 min Yoga 15 min Meditation KM			
		6:00pm Circus Fitness Class: Bob Carreiro: 805-231-0700		6:30PM Circus Fitness Class: Bob Carreiro: 805-231-0700	6:00 PM Zumba Dance Elizabeth	
7:00 PM	7:00 PM Zumba Dance Elizabeth		7:00 PM Zumba Dance Elizabeth	7:45 PM Zumba Dance Elizabeth		

Classes must have 5 or more people attending to continue! "All Classes are subject to change"

805 646-2233 www.bryantstreetgym.com

Club Hours:

Monday-Thursday: 5:00am-10:00pm, Friday: 5:00am-8:00pm, Saturday: 7:00am-6:00pm, Sunday: 8:00am-6:00pm