

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 AM		30 min <b>Metabolic Burn:</b> TK		30 min <b>Metabolic Burn:</b> TK	30 min <b>Metabolic Burn:</b> TK	Great way to start your Saturday!!
7:00 AM		<b>Yoga:</b> <b>Range of Motion</b> TK		<b>Yoga:</b> <b>Range of Motion</b> TK		<b>Cardo:</b> 8:30 AM  <b>Body Sculpt</b> 9:00 AM
8:00 AM	<b>Water</b> <b>Aerobics:</b> (Hummingbird Inn) JD		<b>Water Aerobics</b> (Hummingbird Inn) TK		<b>Water Aerobics:</b> (Hummingbird Inn) TK	<b>1st Sat:</b> DK <b>2nd Sat:</b> PK <b>3rd Sat:</b> JR
8:00 AM 8:30 AM	<b>8:00AM</b> <b>Core Stabilized</b> <b>Functional</b> <b>Strength:</b> AO	<b>8:30AM</b> <b>Cross Training:</b> DK	<b>8:30AM</b> <b>Step Training:</b> DK	<b>8:30AM</b> <b>Cross Training:</b> DK	<b>8:00AM</b> <b>Core Stabilized</b> <b>Functional</b> <b>Strength:</b> AO	<b>4th Sat:</b> JR <b>5th Sat:</b> JR
9:30 AM	<b>Pilates:</b> TK	<b>15 min Abs:</b> DK	<b>45 min Stretch:</b> DK	<b>15 min Abs:</b> DK	<b>Pilates:</b> MJ	
9:45 AM		<b>Hinges &amp; Twinges:</b> (Hummingbird Inn) TK	<b>10:15 AM</b> <b>Dance:</b> DK	<b>Hinges &amp; Twinges:</b> (Hummingbird Inn) TK		<b>Sunday</b> <b>9:00-10:30 AM</b> Hatha Blend Yoga: TC  11:30 AM <b>Circus Fitness</b> <b>Class:</b>  Bob Carreiro: <b>805-231-0700</b>
11:00 AM	<b>Senior Fit:</b> TK		<b>Senior Fit:</b> DK		<b>Senior Fit:</b> MJ	
12:00 PM		45 min <b>Therapeutic Stretch</b> TK		45 min <b>Therapeutic Stretch</b> TK		

**Evening Classes**

5:30 PM	<b>5:30 PM</b> (75 min) 30 min H.I.I.T. <b>30 min Yoga</b> <b>15 min</b> <b>Meditation</b> KM	<b>5:30 PM</b> <b>Dance:</b> DK	<b>5:30 PM</b> (75 min) 30 min H.I.I.T. <b>30 min Yoga</b> <b>15 min</b> <b>Meditation</b> KM			
		<b>6:30PM</b> <b>Circus Fitness Class:</b> Bob Carreiro: <b>805-231-0700</b>		<b>6:00 PM</b> <b>Circus Fitness Class:</b> Bob Carreiro: <b>805-231-0700</b>		
	<b>7:00 PM</b> <b>Zumba Dance</b> Elizabeth	<b>8:00 PM</b> <b>Zumba Dance</b> Elizabeth	<b>7:00 PM</b> <b>Zumba Dance</b> Elizabeth	<b>7:45 PM</b> <b>Zumba Dance</b> Elizabeth		

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

805 646-2233 [www.bryantstreetgym.com](http://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