

November 2024

Group Fitness Studio 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength		Strength		Strength		
Circuit		Circuit		Circuit		
5:30am		5:30am		5:30am		
JOE 🛆		JOE 🛆		JOE 🛆		
Core				Core		
Balance				Balance		
9:00am				9:00am		
JOE 🔘				Josh 🔘		
	Hatha		Hatha			
Reserved	Yoga	Reserved	Yoga	Reserved	ZUMBA®	ZUMBA®
10:30-12:00pm	10:00am	10:00-12:00pm	10:00am	10:00-12:00pm	10:00am	10:00am
СНОМР	Kat 🔘	СНОМР	Urmila 🔘	СНОМР	Jackie 🛆	Nancy 🛆
	Hatha		Hatha			
Reserved	Flow	Reserved	Flow	Reserved		
12:00 - 1:00pm	11:00am	12:00 - 1:00pm	11:00am	12:00 - 1:00pm		
СНОМР	Kat 🔍	СНОМР	Urmila 🔘	СНОМР		
Reserved	Reserved	Reserved	Reserved	Reserved		
1:00 - 4:00pm	12:00pm-4:00pm	1:00-4:00pm	12:00pm-4:00pm	1:00-4:00pm		
СНОМР	СНОМР	СНОМР	СНОМР	СНОМР		
Reserved	Reserved	Reserved	Reserved	Reserved		
4:00pm-5:30pm	1:30-4:00pm	4:00pm-5:30pm	1:30-4:00pm	4:00pm-5:30pm		
Montery Bay FC	СНОМР	Montery Bay FC	СНОМР	Montery Bay FC		
	Cardio		Cardio			
ZUMBA®	Drumming	ZUMBA®	Drumming	ZUMBA®		
5:30pm	5:30pm	5:30pm	5:30pm	5:30pm		
Nancy 🛆	Esther 🛆	Nancy 🛆	Esther 🛆	Jackie 🛆		
Strength	Barre &		Barre &			
Circuit	Stretch	ZUMBA®	Stretch	ZUMBA®		
6:30pm	6:30pm	6:30pm	6:30pm	6:30pm		
America 🔷	Esther \bigcirc	Freddie 🛆	Esther O	Freddie 🛆		
						CHOMP

All Classes 45 minutes

Low Intensity
Intermediate

High Intensity 🔷

Fitness Center Hours

Monday- Thursday 5:30am - 9:00pm Friday 5:30am - 8:00pm Saturday - Sunday 8:00am - 4:00pm CHOMP Reserved

MBFC

New Instructor



November 2024

Group Fitness Studio 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	70200711	11201120071		11112711	5.110115711	30.15/11
	Sit-to-Stand		Breathwork			
	Mobility		& Flexibility			
	9:00am		9:00am			
	Thiem		Thiem O			
	Tai Chi		Bone Loading	Healthy		
	(Balance)		For Balance	Back		
	10:00am		10:00am	10:00am		
	Thiem		Thiem 🛆	Josh 🔘		
Bells &		Bells		Bells		
Bands		& Bands		& Bands		
11:00am		11:00am		11:00am		
Reyna 🔘		Reyna 스		Reyna 🛆		
Dance		Tai Chi	Fall	Cardio		
Latin/Smooth		Intermidiate	Prevention	Spin		
3:30pm		3:30pm	12:00pm	12:00p		
Thiem O		Thiem 🛆	Josh 🔘	Reyna 🛆		
Swiss-Ball		Barre				
(Dynamic)	Reserved	(Toning)	Reserved			
4:30pm	1:00pm-2:00pm	4:30pm	1:00pm-2:00pm			
Thiem 🛆	Montery Bay FC	Thiem 🛆	Montery Bay FC			
Pilates	Gentle	Pilates	Gentle			
(back/hip focus)	Yoga	(Deep Control)	Yoga			
5:30pm	5:30pm	5:30pm	5:30pm			
Thiem 🛆	Kat 🔘	Thiem 🛆	Alison			
	Meditation	Strength	Yin			
		Circuit	Yoga			
	6:30pm	6:30pm	6:30pm			
	Kat 🔍	America 🔷	Alison 🔘			

All Classes 45 minutes

Low Intensity

Intermediate

High Intensity |



Monday- Thursday 5:30am - 9:00pm

Friday 5:30am - 8:00pm

Saturday - Sunday 8:00am - 4:00pm



November 2024

Warm Water Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Aqua		Agua			
Reserved	Fitness	Reserved	Fitness	Reserved		
8:00-12:00pm	11:00am	8:00-12:00pm	11:00am	8:00-12:00pm		
CHOMP		CHOMP		,		
CHOIVIP	Freddie 🛆	CHOIVIP	Freddie 🛆	СНОМР	•	
					Aqua 	
	Reserved		Reserved		Fitness	
	12:30-5:00pm		12:30-5:00pm		12:00pm	
	СНОМР		СНОМР		Freddie 🛆	
Aqua		Aqua	Aqua			
Zumba		Zumba	Fitness			
4:30pm		4:30pm	6:30pm			
Jackie 🛆		Jackie 🛆	Freddie 🛆			
All Classes 45 minutes Fitness Center Hours						
Low Intensity						
Intermediate	Friday 5:30am - 8:00pm				Reserved	
High Intensity	•				Medical	