

FOOTHILL ATHLETIC CLUB – GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00:00 AM	Int. Cardio	Step	Int. Cardio	Step	Step / Weights		
07:15:00 AM		Boot Camp		Boot Camp			
08:00:00 AM			Mat Pilates				
08:30:00 AM	Beginner Step	Body Sculpting		Body Sculpting	Beginner Step		
09:00:00 AM			Int./Adv. Step				
09:30:00 AM		Mat Pilates		Adv. Step			
10:00:00 AM	Body Sculpting		Body Sculpting		Body Sculpting	Beginner Step	
10:30:00 AM							Int./Adv. Step
11:00:00 AM		Easy Yoga					
11:15:00 AM					Senior Aerobics	Yoga	
11:30:00 AM			Senior Aerobics				
03:30:00 PM							Yoga
05:15:00 PM	Beginner Hi/Lo	Step & Sculpting	Beginner Hi/Lo	Beginner Kick Fit	Beginner Kick Fit	MAY – SEPTEMBER AQUA AEROBIC Mon-Wed-Fri 10:30 AM – 11:30 AM	
06:30:00 PM	Int./Adv. Step	Beginner Pilates	Cardio Hip Hop	Adv. Body Sculpting			
07:30:00 PM				Easy Yoga			
08:00:00 PM	Yoga		Yoga				