



GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM	BOOTCAMP Sadie Studio	STRENGTH Oscar Studio	BOOTCAMP Sadie Studio	MAT PILATES Jeremiah Studio	BOOTCAMP Sadie Studio		
8AM		BOOTCAMP Sue Studio				YINYASA YOGA Baddoura Studio	
9AM	AQUA AEROBICS Jeremiah Rec Pool BODY BLAST Sue Studio KADENCE Kristy Spin Studio	AQUA AEROBICS Holly Rec Pool CARDIO KICKBOXING Jackie Studio POWER KADENCE Laurie Spin Studio	AQUA AEROBICS Zona Rec Pool STRENGTH Oscar Studio	AQUA AEROBICS Holly Rec Pool MAT PILATES Eve Studio	AQUA AEROBICS Eve Rec Pool KADENCE Andy Studio TONE UP Zona Studio	AQUA AEROBICS Linda K. Rec. Pool (8:45 AM) WARRIOR Shayna Studio	CARDIO BARRE Sue/Laurie Studio KADENCE Leland Spin Studio
10AM	AQUA AEROBICS Jeremiah Rec Pool POWER YOGA Channon Studio	AQUA AEROBICS Linda K. Rec. Pool BODY FIT Tara Studio	AQUA AEROBICS Carrie Rec Pool WELLNESS 3-IN-1 Sue Studio	AQUA AEROBICS Linda K. Rec. Pool BODY FIT Tara Studio	AQUA AEROBICS Carrie Rec Pool STRETCH/MOBILITY Jackie Studio	BODY BLAST Carrie Studio	90 MIN YOGA Baddoura Studio
11:15AM	MAT PILATES Linda Studio	ZUMBA Evelyn Studio	YINYASA YOGA Baddoura Studio	ZUMBA GOLD Holly Studio		ZUMBA Rose Studio	
3PM	STRETCH/MOBILITY Jackie Studio		ZUMBA GOLD Rose Studio	WELLNESS 3-IN-1 Sue Studio			
4:15PM	TONE UP Zona Studio	MAT PILATES Linda Studio	CARDIO BARRE Laurie Studio	YOGA Channon Studio			
5:30PM	VINYASA YOGA Nicole Studio KADENCE/CORE Holly Spin Studio	ZUMBA Gina Studio KADENCE Jenn Spin Studio	MAT PILATES Pari Studio	STRENGTH Oscar Studio KADENCE/CORE Holly Spin Studio	ZUMBA Chela Studio		
6:30PM	AQUA AEROBICS Linda K. Rec. Pool (6pm)		YINYASA YOGA Baddoura Studio	AQUA AEROBICS Nicole M. Rec. Pool			

Active Wellness Center Petaluma

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