

Meridian's Bodies in Motion ~ Group Exercise Schedule

Updated: 02/22/2012

Schedule subject to change without notice

Club Hours: Mon – Fri: 5:00 am – 11:00 pm / Sat & Sun: 8:00 am – 7:00 pm

*****For updated schedule information, please call our front desk at 415-295-8442*****

Studio 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:05-9:05A Body Blast Emily		8:05-9:05A Body Blast Emily			8:15 – 9:15A Cardio Kickbox Lisa	
9:10 –10:25A Cycle & Shape Erin	9:20 –10:20A Cycle Alan	9:10 –10:25A Cycle & Shape Erin		9 :15-10 :15A Interval Cycle David	9 :45-11 :15A Cycle Core Erin NEW TIME	9:30-10:30A Cycle Lauren
12p-1:00p CARDIO & ABS MARION	12:00P –1:00P Cardio Kickbox Lisa	12:00P – 1:00P Piloxing Paola NEW!!	12:00P –1:00P Cardio Kickbox Lisa	12:00P -1:00P Piloxing Emily NEW!!		10:30 – 11:30A Zumba Marion
5:45 – 6:45P Cycle Erin		5:45 – 6:45P Cycle Erin	5:30 – 6:30P Strength Training Sally			
6:55 – 8:10P Cycle/Strength David	5:45-6:45 Cycle Sally		7:00 – 8:00P Zumba Marion			

Studio 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:00 – 8:00A Anusara Yoga Danielle		7:00 – 8:00A Anusara Yoga Danielle			
					8:15 – 9:30A Baptiste Yoga Sherri	
9:00 – 10:00A NIA Debra		9:00 – 10:00A NIA Cheryl	845am-9am warm up 9:00am-10:00 NIA France Laude	9:00 – 10:00A NIA France Laude	9:35 -10:35A NIA France Laude	9:00-10:00A Yoga Daniel
		10:30 – 12:00P Warm Hatha Yoga Wendy		10:30 – 12:00P Warm Hatha Yoga Wendy		
5:30 – 6:30P Strength Training Sally		5:30 – 6:30P Power Pilates Mary Catherine				
6:45-8:00P Yoga Daniel		6:45-8:00P Yoga Daniel				