



Eastside

FITNESS & YOGA

Summer 2017

Yoga & Fitness Classes

June 19th - Sept 8th - (No Classes June 30th - July 2nd, August 4th -7th, Sept 1st-4th)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am Weight Training (Lissette)		7am Weight Training (Juan)		7am Weight Training (Darnelle)		
					8am FitCamp (Juan)	8:30am FitCamp (Jessi)
	9:30am Hatha Yoga (Ben)	9:30am Core N More (Jessi)	9:30am Hatha Yoga (Ben)	9:30am FitCamp (Jessi)	9:15am  ZUMBA (Swestha))	9:45am Hatha Flow (Natasja)
12pm Hatha Yoga (Wendy)						
6pm FitCamp X (Juan/Jessi)	6pm - 45 mins Advanced FitCamp (Lorenzo)	6pm Weight Training (Lorenzo)	6pm - 45 mins Advanced FitCamp (Alexa)			5:30pm  ZUMBA (Danny)
	7 pm Hatha Yoga (Lucy)					
	8:15pm Hatha Flow Yoga (Lucy)		7:30pm -75 mins Hatha Yoga (Erica)			7pm Yin Yoga (Nadine)

Please check ONLINE SCHEDULE for most up to date information on class times/cancellations