



JULY SCHEDULE

MISSION BAY FITNESS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<p>YOGA 9-10:00am ESTI Aerobics Room</p>	<p>CHALLENGE 9:00-10:00am ESTI Aerobics Room</p>		<p>YOGA 9:00-10:00am SHELBY Aerobics Room</p>	<p>MAT PILATES 8:30-9:30am MONICA Aerobics Room</p>	
	<p>AQUACIZE* 9:30-10:30am LOIS Pool</p>		<p>AQUACIZE** 9:30-10:30am LOIS Pool</p>		<p>ZUMBA 11:30-12:30pm MUGE Aerobics Room</p>	<p>YOGA 10:30am-11:30am MEKA Aerobics Room</p>
<p>BOOTCAMP 6:00-7:00pm MUGE Aerobics Room</p>	<p>BODY SCULPTING 6:00-7:00pm MONICA Aerobics Room</p>	<p>ZUMBA 6:00-7:00pm MUGE * Aerobics Room</p>	<p>BODY SCULPTING 6:00-7:00pm STACY Aerobics Room</p>		<p>AQUACIZE 12:00-1:00pm VALERIE Pool</p>	
	<p>KIDS (5-16) JUJITSU/JUDO 7:00-8:00pm CLIFF Aerobics Room</p>		<p>KIDS (5-16) JUTITSU/JUDO 7:00-8:00pm CLIFF Aerobics Room</p>			

*Muge is subbing file Bebe throughout July
 ** NO AQUACIZE ON JULY 2, 2024