

MISSION BAY FITNESS SCHEDULE

JUNE



Monday

BOOT CAMP
6-7PM
MUGE
AEROBICS ROOM



Tuesday

YOGA
9-10AM
ESTI
AEROBICS ROOM

AQUACIZE
9:30-10:30AM
LOIS
POOL

KID'S JIU JITSU
7-8PM
CLIFF
AEROBICS ROOM

TAI CHI
5PM-5:50PM
BEBE
AEROBICS ROOM

BODY SCULPTING
6-7PM
MONICA
AEROBICS ROOM

Wednesday

CHALLENGE
9:30-10:30AM
ESTI
AEROBICS ROOM

ZUMBA
6-7PM
BEBE
AEROBICS ROOM

Thursday

AQUACIZE
9:30-10:30AM
LOIS
POOL

BODY SCULPTING
6-7PM
STACY
AEROBICS ROOM

KID'S JIU JITSU
7-8PM
CLIFF
AEROBICS ROOM

Friday

YOGA
8:30-9:30
MEKA
AEROBICS ROOM



Saturday

MAT PILATES
8:30AM-9:30AM
MONICA
AEROBICS ROOM

AQUACIZE
10:30-11:30
PAULETTE
POOL

ZUMBA
12:30-1:30PM
BEBE
AEROBICS ROOM

Sunday

YOGA
10:30-11:30AM
MEKA
AEROBICS ROOM

Notes:

