

GET FIT DAVIS SPORT

1809 Picasso Ave Davis, Ca 95618 Ph: 530.753.5282 www.GFDSPORT.com

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Body Pump 5:45am-6:45am Kate	Gentle Yoga 6am-7am Sarah	Body Pump 5:45am-6:45am Kate	Gentle Yoga 6am-7am Megan			
7:00am		Walk Fit 7:30am-8:30am Jeff		Walk Fit 7:30am-8:30am Jeff			
8:00am		Zumba 8:30am-9:30am Girlie		Zumba 8:30am-9:30am Girlie		Zumba 8:15am-9:15am Sarah	
9:00am	Step & Tone 9am-10am Valerie		Step & Tone 9am-10am Valerie		Step Technique 9am-10am Donna	Chiseled Pilates 9:15am-10:15am Sarah	Zumba 9am-10am Rika
10:00am	BodySculpt 10am-11am Luciana	Pilates 10am-11am Sandra	BodySculpt 10am-11am Sarah	Pilates 10am-11am Kitty Jo	BodySculpt 10am-11am Donna	Yoga Flow 10:30am-12pm Julia/Liz C.	
11:00am	Basic Lo 11am-12pm Donna		Basic Lo 11am-12pm Donna		Basic Lo 11am-12pm Rika		
12:00pm	Yoga Flow 12:15pm-1:15pm Julia	Bootcamp 12:15pm-1:15pm Luciana	Yoga Flow 12:15pm-1:15pm Rachel	Body Pump 12:15pm-1:15pm Lori	Yoga Flow 12:15pm-1:15pm Rachel	Adult Pickup Basketball 12pm-3pm	Body Pump 12pm-1pm Rotation
2:00pm		Gentle Yoga 2:30pm-3:30pm Alison		Gentle Yoga 2:30pm-3:30pm Julia			
4:00pm	Zumba 4:30pm-5:30pm Luciana				Zumba 4:30pm-5:15pm Sarah		Adult Pickup Basketball 3pm-5pm
5:00pm		Zumba 5:15pm-6:15pm Kay	Pilates Express 5:15pm-6pm Megan		Pilates Express 5:15pm-6pm Sarah		Yoga Flow 5:15pm-6:15pm Alison
6:00pm	Bootcamp 6pm-7pm Tianna	Body Combat 6:15pm-7:15pm Adrienne	Bootcamp 6pm-7pm Tianna	Body Combat 6pm-7pm Adrienne	Body Pump 6:10pm-7:10pm Adrienne		
7:00pm		Body Pump 7:15pm-8:15pm Lori	Yoga 7pm-8pm Julia	Zumba 7pm-8pm Kay			Co-ed Volleyball 7pm-9pm
8:00pm	Adult Pickup Basketball 8:15pm-10pm	Hatha Yoga 8:20pm-9:20pm Donna	Adult Pickup Basketball 8:15pm-10pm	Hatha Yoga 8pm-9pm Donna			

Group Cycling Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am		Group Cycling 5:15am-6:15am Mike		Group Cycling 5:15am-6:15am Mike			
9:00am		Strength Cycling 9:00am-9:45am Raychel		Group Cycling 9am-10am Jenny	Strength Cycling 9:00am-9:45am Jenny	Group Cycling 9am-10am Liat	Group Cycling 9am-10am Jeff
12:00pm	Group Cycling 12:15pm-1:15pm Lori		Group Cycling 12:15pm-1:15pm Liat		Group Cycling 12:15pm-1:15pm Liat		
6:00pm	Group Cycling 6pm-7pm Jen	Group Cycling 6pm-7pm Jeff	Group Cycling 6pm-7pm Megan	Group Cycling 6pm-7pm Jen			

Class Schedule is subject to change without notice.

***Sunday Basketball:** Please be off the court at 5pm to allow Yoga class to set up. Thank you!