



# GET FIT DAVIS SPORT

## Group Exercise Schedule

1809 Picasso Ave.  
Davis, CA 95618  
Phone: 530.753.5282  
www.GFDSport.com



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am							
6:00am	<b>Body Pump</b> 5:45-6:45am Kate	<b>Therapeutic Yoga</b> 6-7am Lisa	<b>Body Pump</b> 5:45-6:45am Kate	<b>Therapeutic Yoga</b> 6-7am Lisa			
7:00am							
8:00am		<b>Walk Fit</b> 7:30-8:30am Jeff Roy		<b>Walk Fit</b> 7:30-8:30am Jeff Roy		<b>Zumba</b> 8-9am Liz	
9:00am	<b>Step &amp; Tone</b> 9-10am Kitty Jo	<b>Zumba</b> 8:30-9:30am Girlie	<b>Step &amp; Tone</b> 9-10am Valerie	<b>Zumba</b> 8:30-9:30am Girlie	<b>Step Techniqu</b> 9-10am Donna	<b>Chiseled Pilates</b> 9:00-10:00am Sarah	<b>Zumba</b> 9-10am Rika
10:00am	<b>Bodysculpt</b> 10-11am Kitty Jo	<b>Pilates</b> 10-11am Kitty Jo	<b>Bodysculpt</b> 10-11am Kitty Jo	<b>Pilates</b> 10-11am Kitty Jo	<b>Bodysculpt</b> 10-11am Donna		
11:00am	<b>Basic Lo</b> 11am-Noon Donna		<b>Basic Lo</b> 11am-Noon Donna		<b>Basic Lo</b> 11am-Noon Rika	<b>Yoga</b> 10:30-Noon Rotation	
Noon	<b>Therapeutic Yoga</b> 12:15-1:15pm Lisa	<b>Bootcamp</b> 12:15-1:15pm Sharon	<b>Vinyasa Yoga</b> 12:15-1:15pm Rachel	<b>BODYPUMP</b> 12:15-1:15pm Lori	<b>Yoga</b> 12:15-1:15pm Rachel	<b>Adult Pick-Up Basketball</b>  Noon-3pm	<b>BODYPUMP</b> Noon-1pm Rotation
3:00pm		<b>Therapeutic Yoga</b> 2:30-3:30pm Alison		<b>Yoga</b> 2:30-3:30pm Liz C.			
4:00pm							<b>Adult Pick-Up Basketball</b>  3-5pm
5:00pm	<b>Zumba</b> 4:30-5:15pm Brenda				<b>Zumba</b> 4:30-5:15pm Brenda		
6:00pm	<b>Pilates Express</b> 5:15-6pm Sandra	<b>Zumba</b> 5:15-6:15pm Kay	<b>Pilates Express</b> 5:15-6pm Megan		<b>Pilates Express</b> 5:15-6pm Sarah		<b>Yoga Flow</b> 5:15-6:15pm Alison
7:00pm	<b>Body Attack</b> 6-7pm Tianna	<b>Bootcamp</b> 6:15-7:15pm Elizabeth	<b>Strong Fit</b> 6-7pm Chris	<b>Bootcamp</b> 6-7pm Chris	<b>BODYPUMP</b> 6:10-7:10pm Rotation		
8:00pm	<b>Adult Pick-Up Basketball</b>  8:15-10pm	<b>BODYPUMP</b> 7:15-8:15pm Lori	<b>LesMills Body Attack</b> 7-8pm Tianna	<b>Zumba</b> 7-8pm Kay			<b>Co-ed Volleyball</b> 7-9pm
9:00pm		<b>Hatha Yoga</b> 8:20-9:20pm Donna	<b>Adult Pick-Up Basketball</b>  8:15-10pm	<b>Hatha Yoga</b> 8-9pm Donna			

### Group Cycling Studio

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

Class schedule is subject to change without notice.

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