

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

## Group Cycling Studio

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