

# GET FIT DAVIS SPORT

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

version 2.1.2019

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 Sarah			
7:00am						<b>GGT Basketball Clinic (fee)</b> 7:00am-8:05am	<b>GGT Basketball Clinic (fee)</b> 7:00am-9:00am
8:00am		<b>Zumba</b> 8:30am-9:30am Girlie		<b>Zumba</b> 8:30am-9:30am Girlie		<b>Zumba</b> 8:05am-9:05am Sarah	
9:00am	<b>Step &amp; Tone</b> 9am-10am Valerie	<b>Body Combat</b> 9:30am-10:30am Luciana	<b>Step &amp; Tone</b> 9am-10am Valerie		<b>Step Technique</b> 9am-10am Donna	<b>Body Combat</b> 9:15am-10:15am Adrienne	<b>Zumba</b> 9am-10am Rika
10:00am	<b>BodySculpt</b> 10am-11am Luciana	<b>Pilates</b> 10:30am-11:30am Donna	<b>BodySculpt</b> 10am-11am Sarah	<b>Pilates</b> 10am-11am Donna	<b>BodySculpt</b> 10am-11am Donna	<b>Yoga Flow</b> 10:30am-12pm Julia	<b>Body Pump</b> 10am-11am Denise
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>Yoga Flow</b> 12:15pm-1:15pm Julia		<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 Basketball</b> 12pm-3pm	
2:00pm		<b>Gentle Yoga</b> 2:30pm-3:30pm Alison	<b>Volleyball fee</b> 2:30pm-3:30pm	<b>Gentle Yoga</b> 2:30pm-3:30pm Julia			<b>Pick Up Basketball</b> 2pm-4:30pm
4:00pm	<b>Zumba</b> 4:30pm-5:30pm Luciana			<b>Volleyball fee</b> 4pm-5:30pm	<b>Zumba</b> 4:30pm-5:30pm Sarah		
5:00pm		<b>Zumba</b> 5:15pm-6:15pm Kay	<b>Pilates Express</b> 5:15pm-6pm Jeff		<b>Abs, Core &amp; More</b> 5:30pm-6pm Sarah		<b>Yoga Flow</b> 5:00pm-6:15pm Joey
6:00pm	<b>Bootcamp</b> 6pm-7pm Tianna	<b>Body Combat</b> 6:15pm-7:15pm Adrienne	<b>Bootcamp</b> 6pm-7pm Tianna	<b>Body Combat</b> 6pm-7pm Adrienne	<b>Body Pump</b> 6:10pm-7:10pm Liat		
7:00pm	<b>GGT Basketball Clinic (fee)</b> 7:00pm-10:00pm	<b>Body Pump</b> 7:15pm-8:15pm Lori	<b>GGT Basketball Clinic (fee)</b> 7:00pm-10:00pm	<b>Zumba</b> 7pm-8pm Kay	<b>Co-ed Volleyball</b> 7pm-9pm		<b>Co-ed Volleyball</b> 7pm-9pm
8:00pm		<b>Hatha Yoga</b> 8:20pm-9:20pm Donna		<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>HIIT SPIN</b> 9am-9:45am Jenny	<b>HIIT SPIN</b> 9am-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-1pm Zoe		<b>Group Cycling</b> 12:15pm-1pm Liat				
4:30pm	<b>Group Cycling</b> 4:30pm-5:15pm Brittany		<b>Group Cycling</b> 4:30pm-5:15pm Brittany				
6:00pm	<b>Group Cycling</b> 6pm-7pm Jen	<b>Group Cycling</b> 6pm-7pm Jeff	<b>Group Cycling</b> 6pm-7pm Jeff	<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!