



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	Body Pump 5:45-6:45am Kate	Therapeutic Yoga 6-7am Lisa	Body Pump 5:45-6:45am Kate	Therapeutic Yoga 6-7am Lisa			
7:00am							
8:00am		Walk Fit 7:30-8:30am Jeff Roy		Walk Fit 7:30-8:30am Liz		Zumba 8-9am Liz	
9:00am	Step & Tone 9-10am Kitty Jo	Zumba 8:30-9:30am Girlie	Step & Tone 9-10am Valerie	Zumba 8:30-9:30am Girlie	Step Technique 9-10am Donna	Shred 9:00-10:00am Amy/Jenny	Zumba 9-10am Rika
10:00am	Bodysculpt 10-11am Kitty Jo	Pilates 10-11am Kitty Jo	Bodysculpt 10-11am Kitty Jo	Pilates 10-11am Kitty Jo	Bodysculpt 10-11am Donna		
11:00am	Basic Lo 11am-Noon Donna		Basic Lo 11am-Noon Donna		Basic Lo 11am-Noon Rika	Yoga 10:30-Noon Rotation	
Noon	Therapeutic Yoga 12:15-1:15pm Lisa	Bootcamp 12:15-1:15pm Sharon	Vinyasa Yoga 12:15-1:15pm Rachel	BODYPUMP 12:15-1:15pm Lori	Yoga 12:15-1:15pm Rachel	Adult Pick-Up Basketball Noon-3pm	BODYPUMP Noon-1pm Rotation
3:00pm		Therapeutic Yoga 2:30-3:30pm Alison		Yoga 2:30-3:30pm Liz C.			
4:00pm							Adult Pick-Up Basketball 3-5pm
5:00pm	Zumba 4:30-5:15pm Brenda				Zumba 4:30-5:15pm Brenda		Yoga Flow 5:15-6:15pm Alison
6:00pm	Pilates Express 5:15-6pm Sandra	Zumba 5:15-6:15pm Kay	Pilates Express 5:15-6pm Sandra		Pilates Express 5:15-6pm Sandra		
7:00pm	RAW 6-7pm David	Bootcamp 6:15-7:15pm Elizabeth	Strong Fit 6-7pm Chris	STOTT Pilates 6-7pm Sandra	BODYPUMP 6:10-7:10pm Rotation		
8:00pm	Adult Pick-Up Basketball 8:15-10pm	BODYPUMP 7:15-8:15pm Lori	LesMills Body Attack 7-8pm Tianna	Zumba 7-8pm Kay			Co-ed Volleyball 7-9pm
9:00pm		Hatha Yoga 8:20-9:20pm Alison	Adult Pick-Up Basketball 8:15-10pm	Hatha Yoga 8-9pm Donna			

Group Cycling Studio

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