

GRASS VALLEY CLUB - CLASS SCHEDULE FEBRUARY 2012

722 FREEMAN LN. GRASS VALLEY, CA 95949
(530) 274-3481 OR (530) 272-7676



SOUTH YUBA CLUB

MON	TUE	WED	THUR	FRI	SAT	SUN
BODYCOMBAT ✓ KIM&MARYANN 5:45-6:45	SPINNING ✓ ED 5:45-6:45	BODYCOMBAT ✓ MARYANN&KIM 5:45-6:45	SPINNING ✓ GARY 5:45-6:45			
<i>Qi Gong & Strength</i> HOMER 7:30-8:25		<i>Qi Gong & Strength</i> HOMER 7:30-8:25				
SPINNING ✓ HOMER 8:30-9:15	BODYPUMP ✓ KIMBERLEY 8:30-9:30	SPINNING ✓ KIM M. 8:30-9:15	BODYPUMP ✓ KIMBERLEY 8:30-9:30	SPINNING ✓ HOMER 8:30-9:15	SPINNING ✓ SCOTT/ED 8:00-9:00	
<i>Qi Gong</i> HOMER 9:30-10:25		<i>ZUMBA LOW IMPACT</i> LULU 9:30--10:25		<i>Qi Gong</i> HOMER 9:30-10:30	<i>Yoga Blend</i> KRISTEN 9:15-10:15	
	<i>PILATES</i> AMY 9:45-10:45		<i>PILATES</i> AMY 9:45-10:45		<i>ZUMBA</i> ZUMBA TEAM 10:30-11:30	
	<i>ZUMBA</i> LULU 11:00-12:00		<i>ZUMBA</i> CAROLYN 11:00-12:00			Class Guide
SPINNING ✓ JULI 12:15-1:00	BODYPUMP ✓ KIMBERLEY 12:15-1:15	SPINNING ✓ JULI 12:15-1:00	BODYPUMP ✓ KIMBERLEY 12:15-1:15	SPINNING ✓ JULI 12:15-1:00		\$ Fee Class ✓ Sign-up Required
	<i>ZUMBA</i> BEVERLY 4:15-5:15		<i>ZUMBA</i> BEVERLY 4:15-5:15			Club Schedule
BODYPUMP ✓ HARRY 5:30-6:30	SPINNING ✓ JENNIFER R. 5:30-6:30	BODYPUMP ✓ HARRY 5:30-6:30	SPINNING ✓ KIM F. 5:30-6:30			Mon - Fri 4:30am-9pm Sat-Sun 7am-7pm <i>Holiday Hours</i> See back of schedule
<i>Yoga</i> KRISTEN 6:35-7:35		<i>Yoga</i> KRISTEN 6:35-7:35				