

Morningside APRIL FITNESS SCHEDULE

760-770-5158

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	PLEASE SIGN UP FOR ALL CLASSES 1. VISIT OUR TECHNOGYM WELLNESS APP 2. CLICK ON THE DAY YOU WOULD LIKE TO BOOK A CLASS FOR 3. FILL IN THE INFORMATION THAT IS PROMPTED ON SCREEN ALL CLASSES ARE COMPLIMENTARY, PILATES REFORM CLASSES ARE \$30 EACH OR TRAINING PACKAGES AVAILABLE FOR PURCHASE					1 8:00am Spin w/ Yvette 9:15am Body Sculpt w/ Yvette 9:30m Pilates Reform w/ Sergio (\$30 pp) 10:30am Yoga w/ Yvette
2	3 8:00am Spin w/ John 9:30am Pilates Reform w/Lynn (\$30 pp) 9:30am Functional Fitness & Balance w/ Kurt 10:45am Line Dancing w/ MC 4:00pm Yoga w/ Theo	4 8:00am Spin w/ Jeff 9:30am Body Sculpt w/ Yvette	5 8:00am Spin w/ Kathy 9:30am Functional Pilates w/ Ana (\$30 pp) 9:30am Functional Fitness & Balance w/ Kurt 10:45am Yoga Flow w/ Theo	6 8:00am Spin w/ Jeff 9:30am Strength & Conditioning Circuit w/ Tyrone	7 8:00am Spin w/ Ray 9:30am Pilates Reformer w/ Ana (\$30 pp) 9:30am Functional Fitness & Balance w/ Kurt	8:00am Spin w/ Yvette 9:15am Body Sculpt w/ Yvette 10:30am Yoga w/ Yvette
9	8:00am Spin w/ John 9:30am Pilates Reform w/Lynn (\$30 pp) 9:30am Functional Fitness & Balance w/ Kurt 10:45am Line Dancing w/ MC 4:00pm Yoga w/ Kimberly	8:00am Spin w/ Yvette 9:30am Body Sculpt w/ Yvette	8:00am Spin w/ Kathy 9:30am Functional Pilates w/ Ana (\$30 pp) 9:30am Functional Fitness & Balance w/ Kurt 10:45am Yoga Flow w/ Theo	13 8:00am Spin w/ Troy 9:30am Strength & Conditioning Circuit w/ Tyrone	8:00am Spin w/ Ray 9:30am Pilates Reformer w/ Ana (\$30 pp) 9:30am Functional Fitness & Balance w/ Kurt	8:00am Spin w/ Yvette 9:15am Body Sculpt w/ Yvette 10:30am Yoga w/ Yvette
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