

Meridian's Bodies In Motion ~ Group Exercise Schedule


Updated: 11/1/09

Schedule subject to change without notice


Club Hours: Mon-Fri 5:00am – 11:00pm / Sat & Sun 8:00am – 7:00pm

*****For updated schedule information please call our front desk 415-295-8442*****

Studio 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00A Bootcamp Lin			6:00-7:00A Cycle Sally			
8:00-9:00A Sculpting Linn		8:00-9:00A Sculpting Linn			8:15 -9:15A Cardio Kickbox Lisa	8:30-9:30A Cycle Vanessa
9:10-10:25A Cycle & Shape Erin	9:20-10:20A Cycle Alan	9:10-10:25A Cycle & Shape Erin		9:15-10:15A Interval Cycle David	9:45-11:00A Cycle Plus Abs Erin	9 :30-10 :30A AfroCaribbean Dance Robert
						10:30-11:30A Zumba Marion
12:00P-1:00P Core Fit Constantine	12:00P-1:00P Cardio Kickbox Lisa	12:00P-1:00P Core Fit Constantine	12:00P-1:00P Cardio Kickbox Lisa	12:00 -1:00P Core Fit Constantine		
						
5:45-6:45P Cycle Erin		5:45-6:45P Cycle Erin	5:30-6 :30P Strength Training Sally			
	6:00-7:00P Core Cardio Fit Constantine	6:45-8:00P Interval Cycle David	6:30-7:30P Core Cardio Fit Constantine			

Studio 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:00A-8:00A Anusara Yoga Danielle		7:00A-8:00A Anusara Yoga Danielle			
				8:00-9:00A Iyengar Yoga Linda	8:15-9:30A Baptiste Yoga Sheri	
9:00A-10:00A NIA Sara	9:00A-10:00A Ballet Barre Jazz Dance Constantine	9:00A-10:00A NIA Cheryl	9:00A-10:00A Ballet Barre Jazz Dance Constantine	9:00A-10:00A NIA France Laude	9:35 -10:35A NIA France-Laude	9 :00-10 :15A Yoga Daniel
		10 :30-11 :45A Hot Hatha Wendy		10 :30-11 :45A Hot Hatha Wendy	10:45-11:45A Pilates Susie	
5:30-6 :30P Strength Training Sally		5:30-6:30 Mat Pilates Susie				
6 :45-8 :00P Yoga Daniel		6 :45-8 :00P Yoga Daniel	6 :30-7 :30P Zumba Abby			