

San Francisco Tennis Club Group Exercise Schedule Updated: September 10, 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:30am MORNING MUSCLE Rosanna Studio 1		6:30am STEP CONDITIONING Rosanna Studio 1		
8:30-10:00am YOGA II Barbara Studio 2	8:00-9:30am YOGA I Arthur Studio 2		8:00-9:30am YOGA II Arthur Studio 2	8:00-9:30am YOGA II Sharanjit Studio 2	8:00-9:30am YOGA I-III Kate Ramsey Studio 2	8:30-10:00am MEDITATIVE YOGA Firat Studio 2
	9:30-10:30am PILATES ALLEGRO REFORMER CLASS Basics - \$10.00 Kristen Studio 2		10:00-11:00am PILATES ALLEGRO REFORMER CLASS Basics - \$10.00 Kristen Studio 2	10:00-11:00am PILATES ALLEGRO REFORMER CLASS Basics - \$10.00 Tre Studio 2		9:00-10:00am SPIN Dick Studio 1
	12:30-1:15pm RESISTIVE CIRCUIT TRAINING Chris Studio 1	12:00-1:15am HATHA YOGA I-III Firat Studio 2	12:30-1:15pm CORE STRENGTH & FLEXIBILITY: ABS John Studio 1	12:00-1:15am HATHA YOGA I-III Firat Studio 2	12:30-1:15pm CORE STRENGTH & FLEXIBILITY: ABS Arthur Studio 1	
	5:30pm CARDIO KICK CONDITIONING JJ Studio 1	5:00pm MUSCLE CONDITIONING Anna Studio 1	5:30pm SPIN Dick Studio 1	5:00-5:45pm PRECISION CYCLING Anna Studio 1		
		6:00-7:15pm HATHA YOGA I-III Firat Studio 2				
	6:00-7:15pm VINYASA YOGA II Arthur Studio 2	6:00-7:00pm PILATES BASED MAT Tre Studio 1	6:00-7:15pm VINYASA FLOW YOGA Judy Studio 2	6:00-7:15pm HATHA YOGA I-III Firat Studio 2		