





| TIME | Mon | Tues | Weds | Thurs | Fri | Sat | Sun |
|---------------------------------|-------------------------------------|--------------------------------------|--|---|---|---|--|
| 6:15 am | | SPIN Lisa 6:15 am | | | | | |
| 7 am | Toadal Results \$ Ariana | | Toadal Results \$ Ariana | | Toadal Results \$ Ariana |  | |
| 8 am New Time! | Amber Built Bootcamp | | Amber Built Bootcamp | | Amber Built Bootcamp | | |
| 9am | FFL \$ With Zach | | FFL \$ With Zach | | FFL \$ With Zach | Spin With George 9am | NEW!  |
| 10 am | | FFL \$ With Zach 10 am | | FFL \$ With Zach 10 am | | FFL \$ With Zach 10 am | Gentle Yoga Michel H 10am |
| 10 :30am & 11/11:30a m | Ballet Fitness Diana 10:30 am | Yoga With Laxman 11am | | Yoga With Laxman 11am | NEW!  | Yoga With Wesley 11:30am | Hatha Yoga Michel H 11am |
| 12 pm | Yoga With Pia 12 noon | | Yoga With Pia 12 noon | Silver Sneakers Delphine 12 pm | | | |
| 1:00pm | | | | Ballet Fitness Diana 1:00 pm | | | |
| 5 pm | Spin Albert 5pm | Spin Albert 5pm | Spin Albert 5 pm | | | | |
| 5:30 pm | | Yoga Sculpt With Maddie 5:30pm | NEW!  | Yoga Sculpt With Maddie 5:30pm | | | |
| 6pm | ZUMBA Andrea 6pm | | | | | | |



Cabrillo Fitness club

Updated
Dec 31st

CLUB HOURS: Mon-Friday 6am-9pm, Sat & Sun 8am-6pm
PH: 831-475-5979

\$ = paid group training (please ask staff for details)