



# Studio 91

AT MORGAN RUN

## Class Schedule

### Monday

6:15 am - 7:15 am  
 8:00 am - 9:00 am  
 9:00 am - 10:00 am  
 10:00am - 11:30am

Spin w/ Vince  
 Vinyasa Yoga w/ Lynn  
 Mat Pilates w/ Lynn  
 Spin & Tone w/Meg

### Tuesday

6:00 am - 7:00am  
 8:00 am - 9:00 am  
 9:00 am - 10:00 am

Muscle Max w/ Mindy  
 Light Yoga w/ Rose  
 Bootcamp w/ Meg

### Wednesday

6:15 am - 7:15 am  
 8:00 am - 9:00 am  
 9:00 am - 10:00 am  
 10:00 am - 11:00 am  
 5:30 pm - 6:30 pm

Spin w/ Vince  
 Yin Yoga w/ Lynn  
 Mat Pilates w/ Lynn  
 Spin & Tone w/ Tamilee  
 Total Body Workout w/ Mindy

### Thursday

6:00 am - 7:00 am  
 8:00 am - 9:00 am  
 9:00 am - 10:00 am  
 4:00 pm - 5:00 pm  
 5:00 pm - 6:00 pm

Muscle Max w/ Mindy  
 Light Yoga w/ Rose  
 Total Body Workout / Vince  
 Vinyasa Flow Yoga / Lynn  
 Yin Yoga / Lynn

### Friday

6:15 am - 7:15 am  
 7:30 am - 8:30 am  
 9:00 am - 10:00 am  
 10:00 am - 11:00 am

Spin w/Vince  
 Total Body Circuit w/Meg  
 Spin & Sculpt w/Tamilee  
 Mat Pilates w/Lynn

### Saturday

7:00 am - 8:00 am  
 9:30 am - 10:30 am  
 10:30 am - 11:30 am

Spin w/ Vince  
 Zumba w/ Vanessa  
 Mat Pilates w/ Vanessa

### Sunday

9:30am-10:30 am  
 10:30am -11:30am

Vinyasa Flow Yoga w/ Lynn  
 Yin Yoga w/Lynn

*Our Classes Are Designed To Cater To All Fitness Levels.*

**Spa Phone: 858.759.5448**

Schedule Revised: 2/8/2012