



FEBRUARY GROUP X SCHEDULE

SPA & SPORTS CLUB DIRECTOR: COREY TABOR
GROUP FITNESS COORDINATOR: CATHY SCHLEPPY
CLUB PHONE # 949-858-2790



Spa & Sports Club
COTO DE CAZA

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 – 6:10 50/50 IVAN	5:30 – 6:25 50/50 KELLEY	5:30 – 6:25 SPIN HITTA	5:30 – 6:25 50/50 KELLEY	5:30 – 6:30 SPIN KELLEY	7:00 – 7:55 SPIN IVAN	7:30 – 8:55 50/50 IVAN
8:00 – 8:55 AQUA AEROBICS LEEANN	8:00 – 8:55 AQUA AEROBICS LEEANN	7:45 – 8:40 AQUA AEROBICS LEEANN	8:00 – 8:55 AQUA AEROBICS LEEANN	8:00 – 8:55 AQUA AEROBICS LEEANN	8:00 – 8:30 EXTREME ABS IVAN	9:00 – 9:55 SPIN JIM
8:00 – 8:55 MAT PILATES ROBIN	8:00 – 9:00 ADVANCED REFORMER LAURA	8:00 – 8:55 YOGA DENISE	8:00 – 9:00 ADVANCED REFORMER LAURA	8:00 – 8:55 SPIN DARLENE	8:30 – 9:25 SPIN CRYSTAL	
8:00 – 8:55 SPIN LINDY	8:30 – 9:25 ATHLETIC YOGA CATHY	9:00 – 9:55 SPIN JIM	8:30 – 9:25 TOTAL BODY TRAINING CATHY	8:00 – 8:55 ATHLETIC YOGA CATHY	9:30 – 10:25 TOTAL BODY TRAINING GALE	
9:00 – 9:55 TOTAL BODY TRAINING MINDY	9:10 – 10:05 SPIN DARLENE	9:00 – 9:55 TOTAL BODY TRAINING LEEANN	9:10 – 10 :05 SPIN JILL LA	9:00 – 9:55 TOTAL BODY TRAINING CATHY	10:30 – 12:00 YOGA BILL	
10:00 – 11:00 YOGA BILL	9:30 – 10:25 TOTAL BODY TRAINING GALE	10:00 – 10:55 MAT PILATES ROBIN	9:30 – 10:25 CARDIO KICKBOXING ADDIE	9:00 – 10:00 REFORMER LAURA	10:00 – 11:00 JUNIOR ORIENTATON EVERY 3 RD SAT	
	10:30 – 11:25 MAT PILATES LAURA	10:15 – 11:15 REFORMER LAURA	10:30 – 11:30 MAT PILATES ROBIN	10:00 – 10:55 MAT PILATES KELLEY		
	12:00 –12:45 KIDS DANCE AMANDA	3:30 –4:30 KIDS DANCE AMANDA				
		4:30 – 5:25 RESERVED FOR SWIM TEAM				
4:30 – 5:25 RESERVED FOR SWIM TEAM	4:30 – 5:25 BEG BODY SCULPT LEEANN	5:30 – 6:25 YOGA BILL	4:30 – 5:25 BEG BODY SCULPT LEEANN			
5:30 – 6:25 MENS GOLF MAT PILATES LAURA	5:30 – 6:25 ATHLETIC YOGA JESSICA	6:00 – 6:55 SPIN LEEANN	5:30 – 6:25 ATHLETIC YOGA JESSICA			
6:00 – 6:55 SPIN IVAN		7:30 – 8:30 BALLROOM ERIC				

REFORMER CLASSES ARE FEE BASED & MAY BE RESERVED THE LAST FRI OF THE PRIOR MONTH AT 5:00 AM
SPIN BIKES MAY BE RESERVED 30 MINUTES PRIOR TO CLASS
CLASSES IN GREEN ARE FEE BASED AND SIGN UPS ARE AVAILABLE AT THE SPORTS CLUB FRONT DESK
BALLROOM DANCE CLASSES ARE ONGOING. SIGN UP FOR 8 WEEK SESSION AT SPORT CLUB FRONT DESK
KIDS DANCE STARTS FEB 14TH & IS ONGOING. SIGN UP FOR 6 WEEK SESSION AT SPORT CLUB FRNT DESK