


























## Group Schedule CustomBodiesFitness.com 714-544-4010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Boot Camp		Boot Camp		Boot Camp		
9:00am						Boot Camp	
						Indoor Cycle	
9:15		 Cardio Circuit		 Cardio Circuit			
9:30am	 Jody		 Jody		 Jody		
10:00am						 Heather / Tania	 TONING Renee
10:30am		 Lana		 Lana			
10:45am	 Cardio Fit Jody		 Cardio Fit Jody		 Cardio Fit Jody		
11:45am		 YogaStretch Lana		 YogaStretch Lana			
12:15pm	 Cardio Circuit Adele		 Cardio Circuit Adele		 Cardio Circuit Adele		
12:45pm				 Cardio Circuit Adele			
6:00pm	 Natalie	 Veronika	 Natalie	 Renee			
		Indoor Cycle		Indoor Cycle			
7:00pm		Yoga Fusion Donna	 Heather	Yoga Fusion Donna			

4880 Irvine Blvd Suite 102 Irvine, CA 92620

CLUB HOURS: Monday through Thursday 5:30am to 9pm Friday 5:30 to 8pm Saturday 8am to 4pm Sunday 8am to 3pm