

# Prime Time Athletic Club

## Group Exercise Schedule

**Studio 1**

**December 1, 2017**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
6:00-7:00 am <b>BOSU Interval</b> Melinda	6:00-7:00 am <b>Body Conditioning</b> Maria		6:00-7:00 am <b>Body Conditioning</b> Kathleen	6:00-7:00am <b>BOSU Interval</b> Melinda		
8:15-9:15 am <b>Strength Core Stretch</b> Mary	8:15-9:15 am <b>Body Conditioning</b> Kathleen	8:15-9:15am <b>Zumba</b> Julia	8:15-9:15 am <b>Body Conditioning</b> Kathleen	8:15-9:15am <b>Cardio Sculpt</b> Kimi	8:15-9:15am <b>Cardio Challenge</b> Mary	8:15-9:15am <b>Step</b> Melinda
9:15-10:30 am <b>Kick &amp; Core</b> Mary	9:15-10:15 am <b>Zumba</b> Sandra	9:15-10:30 am <b>Cardio Flex</b> Mary	9:15-10:15 am <b>Zumba</b> Sandra	9:15-10:30 am <b>Kick-Step Core</b> Mary	9:15-10:15 am <b>Body Conditioning</b> Mary	9:15-10:15 am <b>Sculpt &amp; Kick</b> Melinda
10:30-11:30 am <b>Energize</b> Kathleen	10:15-11:15am <b>Body Conditioning</b> Mary	10:30-11:30am <b>Zumba Gold</b> Christina	10:15-11:15 am <b>Body Conditioning</b> Mary	10:30-11:30 am <b>Energize</b> Kathleen	10:15-11:15am <b>Cardio Blast</b> Chris	10:15-11:30am <b>Cardio Flex</b> Chris
					11:30-12:00pm <b>Core on the Floor</b> Chris	11:30-12:00pm <b>Core on the Floor</b> Chris
4:30-5:30pm <b>Zumba</b> Ernie	5:00-5:30pm <b>Core on the Floor</b> Kathleen	4:30-5:30pm <b>Zumba</b> Mirna	5:00-5:30 pm <b>Core on the Floor</b> Kimi	5:00-6:00 pm <b>Body Conditioning</b> Mary		
5:30-6:30pm <b>Body Conditioning</b> Melinda	5:30-6:30pm <b>Power Body Boot Camp</b> Kathleen	5:30-6:30 pm <b>Body Conditioning</b> Maria	5:30-6:30pm <b>Cardio Sculpt</b> Kimi	6:00-7:00pm <b>Zumba</b> Sandra		
6:30-7:30pm <b>Zumba</b> Wendy	6:30-7:30 pm <b>Cardio Core</b> Val	6:30-7:30 pm <b>U-Jam</b> Sandy	6:30-7:30pm <b>Zumba</b> Kim Y.			

View the Group Exercise Schedule anytime from your computer. Visit us on the web at:

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1730 Rollins Road Burlingame, CA 94010 (650) 697-7311

## Prime Time Athletic Club Group Exercise Schedule

### Studio 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	4:30-5:15 pm <b>Beginner Kids' Karate</b> Wauriman		4:30-5:15 pm <b>Beginner Kids' Karate</b> Wauriman			
5:30-6:30 pm <b>Cardio Kick-Box</b> Mary	5:15-6:00 pm <b>Orange Belt Kids' Karate</b> Wauriman		5:15-6:00 pm <b>Orange Belt Kids' Karate</b> Wauriman			
6:30-7:30 pm <b>Core on the Floor</b> Kerri	6:00-7:00 pm <b>Advanced Black Belt Club Kids' Karate</b> Wauriman	6:00-7:00 pm <b>Black Belt Club Kids' Karate</b> Wauriman	6:00-7:00 pm <b>Advanced Black Belt Club Kids' Karate</b> Wauriman			
	7:00- 8:30 pm <b>Adult Karate</b> Wauriman		7:00- 8:30 pm <b>Adult Karate</b> Wauriman			

### Studio 3 (Spinning)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45 am <b>Spinning</b> Kathie B.	6:00-7:00 am <b>Spinning</b> Jory	6:00 – 6:45 am <b>Spinning</b> Maria	6:00-7:00 am <b>Spinning</b> Kathie B.	6:00-6:45 am <b>Spinning</b> Krishil	8:15-9:15 am <b>Spinning</b> Joanne	
9:00-10:00 am <b>Spinning</b> Tammy P.	9:00-9:45 am <b>Spinning</b> Mary	9:00-10:00 am <b>Spinning</b> Tammy P.	9:00-9:45 am <b>Spinning</b> Mary	9:00-10:00 am <b>Spinning</b> Tammy P.	9:15-10:15am <b>Spinning</b> Maria	9:00-10:00 am <b>Spinning</b> Kathie B/ Maria
5:30-6:15 pm <b>Spinning</b> Helene	5:30-6:15 pm <b>Spinning</b> Mary	5:30-6:30 pm <b>Spinning</b> Mary	5:30-6:15 pm <b>Spinning</b> Mary			
6:30-7:15 pm <b>Spinning</b> Rose						

**Spinning classes are 45 to 60 minutes in length. Spinning Instructors can choose from one of the Energy Zones to teach from. Water bottles and heart-rate monitors are recommended.**

- **Recovery Ride:** Relaxation and energy accumulation. Heart rate training range, 50-60% of maximum.
- **Endurance Ride:** Even application of energy for sustained periods. Heart rate training range, 65-75% of maximum.
- **Strength Ride:** Heavy resistance to develop muscular endurance and power. Heart rate training range, 75-85% of maximum.
- **Interval Ride:** Formerly known as All Terrain. Speed, tempo, timing and rhythm are used. Heart rate training range, 65-92% of maximum.
- **Race Day Ride:** Peak performance, comprises a variety of techniques. Heart rate training range, 80-92%.

Thank you and enjoy your journey.

## Prime Time Athletic Club Group Exercise Schedule

### Studio 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00 am <b>Pilates Mat</b> Kathie B.		8:30-9:45 am <b>Tai Chi</b> Katie	8:00-9:00am <b>Barre Bootcamp</b> Lily		8:30-9:30 am <b>Integrative Hatha Yoga</b> Robert	9:00-10:00 am <b>Pilates Mat</b> Danielle
9:00-10:00 am <b>Barre Bootcamp</b> Lily	9:15-10:45 am <b>Integrative Hatha Yoga</b> Robert	10:00-11:30 am <b>Integrative Hatha Yoga</b> Robert	9:15-10:15 am <b>Barre Bootcamp</b> Lily	9:15-10:45 am <b>Vinyasa Yoga</b> Nicole	9:30-11:00 am <b>Integrative Hatha Yoga</b> Robert	10:00-11:30am <b>Vinyasa Yoga</b> Elena
4:30 – 5:15 pm <b>Beginner Kids' Karate</b> Wauriman		4:30 – 5:15 pm <b>Beginner Kids' Karate</b> Wauriman			11:00-12:30 pm <b>Vinyasa Yoga</b> Keith	
5:15-6:00 pm <b>Yellow Belt Kids 'Karate</b> Wauriman		5:15-6:00 pm <b>Yellow Belt Kids 'Karate</b> Wauriman				
6:00-7:30 pm <b>Vinyasa Yoga</b> Lily	5:30-6:30 pm <b>Kids Yoga Fit</b> Gina	6:00-7:00 pm <b>Barre Bootcamp</b> Jacquie	5:30-6:30 pm <b>Kids Yoga Fit</b> Gina			
7:30-8:30pm <b>Pilates-Yoga Fusion</b> Angie	6:30-7:30 pm <b>Pilates Mat</b> Danielle	7:00-8:30 pm <b>Vinyasa Yoga</b> Elena	6:30-8:00 pm <b>Integrative Hatha Yoga</b> Robert			

### Studio 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:30-11:15 am <b>Tots in Motion</b> Staff		10:30-11:15 am <b>Tots in Motion</b> Staff	9:00-10:15 am <b>Tai Chi</b> Katie		

### Pool 1

Monday	Tuesday	Wednesday	Thursday	Friday 4	Saturday	Sunday
10:00-10:45 am <b>Aqua Zumba</b> Julia		10:00-10:45 am <b>Aqua Aerobics</b> Kathleen		10:00-10:45 am <b>Aqua Aerobics</b> Maria		

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