

# Prime Time Athletic Club

## Group Exercise Schedule

### Studio 1

November 1, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		8:00-9:00am Power Cardio Core Val				
9:00-10:00am Kick & Core Mary (Outside) weather permitting)	9:00-10:00am Zumba Sandra (Outside) weather permitting)	9:00-10:00am Cardio Flex Mary	9:00-10:00am Zumba Sandra (Outside) weather permitting)	9:00 -10:00am Kick & Core Mary (Outside) weather permitting)	9:00-10:00am Strong Karla	9:00-10:00am Body Conditioning Melinda
	10:15-11:15am Body Conditioning Mary		10:15-11:15am Body Conditioning Mary	:	10:30-11:30am Cardio Blast Chris (Outside) (weather permitting)	10:30-11:30am Cardio Blast Chris (Outside) (weather permitting)
					11:30-12:00pm Core Chris (Outside) (weather permitting)	11:30-12:00pm Core Chris (Outside) (weather permitting)
5:15-6:15pm Body Conditioning Melinda		5:00-6:00pm Body Conditioning Maria	5:15-6:15pm Body Conditioning Melinda			
6:30-7:30p Zumba Wendy	6:30-7:30p Power Cardio Core Val		6:30 - 7:30p Strong Karla			

### Studio 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:00-6:00pm Boot Camp Maria Outside Basketball Court (weather permitting)					

### Pool

Monday	Tuesday	Wednesday	Thursday	Friday 4	Saturday	Sunday
9:00-9:45 am Aqua Aerobics Susan		9:00-9:45 am Aqua Aerobics Maria		9:00-9:45 am Aqua Aerobics Krishil		

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

[www.PrimeTimeAthleticClub.com](http://www.PrimeTimeAthleticClub.com)

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

## Indoor Basketball Court (Spinning)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:00-9:45 am Spinning Mary		9:00-9:45 am Spinning Mary		9:00 – 10:00a Spinning Lisa	
	5:30-6:15 pm Spinning Mary		5:30-6:15 pm Spinning Mary			

## Studio 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		9:00 to 10:00am Tai Chi Jeff Outside (Tennis Court) (weather permitting)				8:30 to 9:45am Power Core Yoga AJ
		10:00-11:30 am Vinyasa Yoga Elena		10:00 -11:30 am Gentle Flow Yoga Elena		
					11:00-12:30 pm Vinyasa Yoga Keith	
6:30-7:30 pm Barefoot Strong Ange	6:00-7:00 pm Yoga Sculpt Emmy Lou	6:00-7:15 pm Power Core Yoga Emmy Lou				

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