

# Prime Time Athletic Club

## Group Exercise Schedule

### Studio 1

October 1, 2021

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

### Studio 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:15 - 9:15am Power Blast Circuit (Tennis Court) Maria	

### Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00-10:45 am Aqua Zumba Sandra		9:00-9:45 am Aqua Aerobics Kathleen		9:00-9:45 am Aqua Aerobics Maria		

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

### Studio 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-9:45 am <b>Spinning</b> Tammy	9:00-9:45 am <b>Spinning</b> Mary	9:00-9:45 am <b>Spinning</b> Maria	9:00-9:45 am <b>Spinning</b> Mary	9:00-9:45 am <b>Spinning</b> Krishil	9:00-9:45 am <b>Spinning</b> Winnie	
	5:00-5:45pm <b>Spinning</b> Mary		5:00-5:45pm <b>Spinning</b> Mary			

### Studio 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-10:45am <b>Gentle</b> <b>Flow</b> Kristina		9:30-11:00 am <b>Vinyasa</b> <b>Yoga</b> Kristina	9:00-10:00 am <b>Barre</b> Maria	10:00-11:30am <b>Vinyasa</b> <b>Yoga</b> Nicole		10:00-11:30am <b>Vinyasa</b> <b>Yoga</b> Elena
					11:00-12:30pm <b>Power</b> <b>Yoga</b> Elena	
6:30-7:30 pm <b>Pilates</b> <b>Fusion</b> Annge		6:00-7:00 pm <b>Power Core</b> <b>Yoga</b> Krishil				

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