

GROUP EXERCISE SCHEDULE

APRIL | SHEPHERD FIREHOUSE

MONDAY

YIN YOGA 10:00-11:15 AM
Heidi - Studio C

.....

TUESDAY

ZUMBA 8:00-8:55 AM
Coco - Engine Room

BODYPUMP 9:00-9:55 AM
Sylvia - Engine Room

VINYASA YOGA 10:30-11:45 AM
Crystal - Studio C

BODYCOMBAT 5:00-5:55 PM
Aaron - Engine Room

Shepherd Firehouse YMCA
7877 Herschel Ave, La Jolla

WEDNESDAY

RESTOR YOGA 10:30-11:45 PM
Genevieve - Studio C

POWER YOGA 5:30-7:00 PM
Melinda - Studio C

.....

THURSDAY

QI GONG 9:00 -9:55AM
YAHUI - Studio C

YIN YOGA 10:00-11:15 AM
Heidi - Studio C

.....

FRIDAY

ZUMBA 8:30-9:25 AM
Tolu - Engine Room

RESTOR YOGA 10:00-11:15 AM
Heidi - Studio C

TAI CHI 11:30-12:25 PM
Tom - Studio C