

Winter Schedule

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FITNESS IS LIFE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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GROUP - X

8:00 am		Morning Flow Yoga Jeff		Morning Flow Yoga Jeff		
9:15 am		BUFF GIRLS WORKOUT *45 min Chris		KETTLEBELL & CORE ABDOMINAL Chris	Starts at 10:30am DROP ZONE *45 MINS Wilson/Chris	Starts at 11:00am XTREME CARDIO KICKBOXING Kazia
4:30 pm	DROP ZONE *45 MINS Wilson		DROP ZONE *45 MINS Wilson	HIIT *45 MINS High intensity interval training Chris	Coming Soon Detox Cycle 45min*	
5:20 pm	*20 MINUTE ABS Victoria	*20 MINUTE ABS Jeff	*20 MINUTE ABS Jeff	*20 MINUTE ABS Chris		
5:45 pm	HIIT High intensity interval training Victoria	XTREME CARDIO KICKBOXING Kazia	HIIT High intensity interval training Wilson			
6:50 pm	Vinyasa Yoga *90 min Kathy	ZUMBA FITNESS Brita	Vinyasa Yoga *90 min Jeff			

SPINNING

6:00 am	SPINNING Mike	SPINNING Victoria	SPINNING Jenny		SPINNING Victoria	
9:15 am	SPINNING Erin		SPINNING Mike		SPINNING Larry	SPINNING Lauren/Lindsey
4:30 pm	SPINNING Lindsey	SPINNING Bre		SPINNING Erin		
5:45 pm	SPINNING Lauren	SPINNING Lauren	SPINNING Jeff	SPINNING Laura H.		
7:00 pm						

*All Classes Are 60 Minutes Long Unless Otherwise Specified.

Classes may be subject to size limitations or change.

Suggestion? Comments? Email Us! Sanaz@clubtwentyfour.com

Class Descriptions on back.

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Special Rates _____