

## TEMECULA CLASS SCHEDULE



### MONDAYS:

11:00-11:30- BALANCE/STRENGTH

2:00-2:30- BACK/LEGS

### TUESDAYS:

11:00-11:30- UPPER BODY

11:30-12:00- LOWER BODY

2:00-2:30- LOWER BODY

5:00-5:30- UPPER BODY

### WEDNESDAYS:

11:00-11:30- BACK/LEGS

2:00-2:30- BALANCE/STRENGTH

### THURSDAYS:

11:00-11:30- LOWER BODY

11:30-12:00- UPPER BODY

2:00-2:30- UPPER BODY

5:00-5:30- STRENGTH/MOBILITY

### FRIDAYS:

11:00-11:30- STRENGTH/MOBILITY

**Please note that appointments are necessary for all classes, massage or stretching sessions that you would like to attend. We have classes that fill up quickly, so please schedule with our administrative specialists to reserve your place.**