



Las Sendas

TRAILHEAD ATHLETIC CLUB

August Group X Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 am BOOT CAMP Annette		5:15 am BODY PUMP Delia		5:15 am STEP & SCULPT Jo Lynn	
8:00 am CARDIO CARVE Meg	7:45 am PILATES Meg		7:45 am PILATES Meg	7:00 am JUMP FORCE Lee	7:30 am BODY PUMP Lee
9:00 am BODY PUMP Delia	9:00 am WATER Annette	8:45 am ZUMBA Annette	9:00 am WATER Bev	9:00 am ZUMBA Maggie	8:45 am YOGA Rhea
10:15 am MEDITATION Jolanta	9:00 am 20/20/20 Bob		9:00 am STEP & SCULPT Bob	10:15 am YOGA Kartar	
5:30 pm BODY PUMP Rachael		5:30 pm PILATES CORE Meg	5:00 pm TAI CHI PILATES Lee		
6:30 pm ZUMBA Maggie		6:30 pm YOGA Kartar	6:00 pm BODY PUMP Lee		

ALL CLASSES ARE 1 HOUR IN LENGTH UNLESS NOTED OTHERWISE.

WWW.THETRAILHEAD.ORG