MBFIT STUDIO

WEEKLY FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:15 - 9 AM Strength & Cardio **Comming Soon!**		8:15 - 9 AM Strength & Cardio **Comming Soon!**			
9:15-10 AM Full Body Fit *(Strength + Cardio))* Dory	9:15-10 AM Pilates Plus *(Pilates)* Mary Lou	9:15-10 AM Full Body: Strength + Cardio *(HIIT)* Page	9:15-10 AM Pilates Plus *(Pilates)* Mary Lou	9:15-10 AM Total Body Workout *(Strength & Cardio)* Suzi	9-9:45 AM Strength + Cardio *(HIIT)* Linda	10:00-11 AM Strong *(Strength & Cardio)* Carrie W
10:15-11 AM Fit *(Strength & Cardio)* Carrie W	10:15-10: 45 AM Strong Express (30 Min Class) Carrie W	10:15-11:15 AM Core + Glutes Carrie W 11:15-11:45 AM Essential Breathwork Carrie W	10:15-10: 45 AM Strong Express (30 Min Class) Carrie W		10am-11 AM Yin Meets Yang *(Yoga)* Amy	11:15-12:15 PM ReWork *(Posture & Alignment)* Carrie W
10:15-11:15 AM Flex & Stretch *(Hypervolt/Foam Roller)* *Mat Room Mary Lou	10:45-11:15 AM Neuro (30 Min Class) Carrie W	10:15-11:15 AM Flex & Stretch *(Hypervolt/Foam Roller)* *Mat Room Mary Lou	10:45-11:15 AM Neuro (30 Min Class) Carrie W	10:15-11:15 AM Flex & Stretch *(Hypervolt/Foam Roller)* *Mat Room Mary Lou		12:15-12:45 PM Essential Breathwork Carrie W
11:15-12:00 PM ReWork *(Posture & Alignment)* Carrie W	11:30-12:30pm Boom Muscle *(Silversneakers)* Linda		11:30-12:30 PM Boom Muscle *(Silversneakers)* Linda			
12:15-1 PM TRX Sculpt *(Strength & Cardio)* Mary Lou		12:15-1 PM TRX Sculpt *(Strength & Cardio)* Mary Lou		12:15-1 PM TRX Sculpt *(Strength & Cardio)* Mary Lou		
5:30-6:15 PM TRX Sculpt + Stretch (Strength & Stretch) Mary Lou	5:30-6:15 PM Stick Mobility Carrie W	5:30 - 6:15 PM Pilates + Balance (Pilates) Mary Lou	5:15-6:00 PM TRX Circuit *(Strength & Cardio)* Mary Lou			
6:40-7:30 PM Aerial Basics *(Aerial Hammock)* Ashley	6:30-7:30 PM AG Fly Girlz Dance Series *(Dance/Fit)* Carrie W	6:40-7:30 PM Aerial Flow *(Aerial Hammock)* Carly				

LOCATION:
811 Academy Dr.
Solana Beach, CA 92075

CONTACT US:
(858)788-7191
info@MBfitStudio.com
www.MBfitStudio.com

BOOK A CLASS

Class *Descriptions*

Aerial Basics
Be guided through familiar yoga poses with the support of the aerial hammock. Learn the foundations of aerial yoga, proper alignment, and safety techniques, and gain confidence upside down. We will slowly and safely progress step by step through inversions in the aerial hammock. Modifications and alternatives will be provided to support you wherever you are in your aerial yoga journey! This class is beginner-friendly.

Aerial Flow
Suspended in silk hammocks, our Aerial Yoga Flow class blends traditional yoga with aerial techniques for a dynamic, playful experience suitable for all levels. Led by expert instructor, Carly, explore inversions, stretch, and strengthen while finding balance and joy in the air. No experience needed—just come ready to fly!

AG Fly Girlz Dance Series
Come learn the entire routine that is being taught at the AG Fly Girlz Dance Series, held ongoing on Tuesday nights. Atomic Girl Carrie will teach the entire routine to you. Learn it for fun or to possibly perform on stage with Atomic Groove, San Diego's premier dance band. Each participant gets free entry to the next Atomic Groove Happy Hour at the Belly Up. All levels welcome.

Pilates + Balance
A class that uses exercises that challenge and improves individuals balance and posture. A variety of bands are used to help with increasing strength and tone in the muscle along with a variety of balls for upper body, lower body and core work.

Core + Glutes
Start class with a complete core segment using just your own body weight, similar to classical Pilates, and accessible for all levels. Then move into a full body Barre-styled workout that offers a non-compression approach to strengthening and connecting, with a focus on lower body (glutes, thighs, low back, feet) with a traditional and non-traditional approach.

Essential Breath
Time to release! Enjoy this luxurious, regenerative-styled approach to mobility for all levels. Class includes a breathwork segment featuring both vigorous and passive breathing techniques to boost connection with the "rest & digest" (parasympathetic) system to invite a more composed state for more access to your own innate, calm power.

Fit
A complete, all-purpose workout that includes muscular conditioning with weights and other various tools, set in a rhythmic, flow based format for moderate yet effective cardio, as well as overall strengthening and mobility. All levels.

Flex & Stretch (Foam Roller/Hypervolt)
This class is tailored to those seeking injury prevention and relief from tightness or poor posture. Each session targets specific body areas, using specialized tools such as foam rollers and Hypervolt percussion guns. With gradual, safe stretching techniques, we focus on injury prevention, rehabilitation, and enhancing mobility. Perfect for desk-bound individuals, these sessions aim to improve posture, increase flexibility, and increase your overall well-being.

Pilates Plus
Traditional Pilates combined with the ballet inspired movements in Barre creates this well-balanced class that strengthens core muscles, corrects posture, and lengthens the body.

ReWork
Discover ways to increase body awareness, improve function, alleviate pain, avoid or recover from injury and enhance body tone via postural alignment. Experience a unique combination of Egoscue, sports medicine, yoga, pilates, physical therapy, somatics and more. All levels.

Full Body Fit
Full Body Fit is a combination of weights, cardio spurts, and ab/core work. These exercises together will not only burn calories and fat but it will reshape your entire body. Fun and non-stop class with upbeat music.

Silversneakers
Join our gentler paced SilverSneakers class, designed for those who prefer to remain standing with the comforting support of a Barre available at the back of the studio for balance assistance. Our compassionate instructor will tailor activities to accommodate individual needs, focusing on exercises that enhance overall well-being. This class emphasizes gentle muscle conditioning and functional movements to foster strength at a comfortable pace. Exclusive to SilverSneakers members

Stick Mobility
This flow-paced class uses the principles of The Stick: joint mobility, strength and range of motion. Create more functionality, muscle tone, stability and general body awareness with this user- friendly tool and technique. Addresses the details of postural alignment, the power of a healthy grip, and the importance of hanging. Adaptable for most levels.

Strength + Cardio
High Intensity Interval Training (HIIT for short)- Is the fastest way to burn fat and get lean. HIIT are intense bursts of exercise, followed by active recovery periods. HIIT workouts build cardiovascular fitness while improving strength, lean muscle, and maximizing calorie burn. Modifications may be given by instructor.

Full Body: Strength + Cardio
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NeuroFit + Mobility
A class that offers opportunities to create mindful movement patterns to truly connect the mind with the brain to optimize physical, physiological, and fitness results.

Neuro
Your brain matters in your fitness. This class uses simple, playful movements to stimulate brain function while improving focus, memory, coordination, and overall motor control.

Strong Express
A full-body strength class that blends rhythmic, easy-to-follow movements with brain-boosting drills to improve coordination, balance, focus, and motor control.

TRX Sculpt
This total body workout is for all fitness levels. TRX Suspension uses your body weight and gravity as resistance to build strength, balance, coordination, flexibility, core and joint stability.

TRX Sculpt + Stretch
We'll begin with a dynamic TRX workout to build strength and stability, followed by a 20-minute stretch session to enhance flexibility and recovery. Using props like foam rollers, stretch straps, and the Hypervolt, you'll achieve a full-body workout and a deep stretch in one session.

Yin Meets Yang
The class starts with an invigorating Yang flow sequence, followed by Yin yoga's restorative benefits with passive stretches. Our instructor will guide you through each pose and offer modifications.