

WEEKLY FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:15 - 9 AM NEW Strength + Cardio (HIIT) Page		8:15 - 9 AM NEW Strength + Cardio (HIIT) Trish			
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		LOCATION: 811 Academy Dr. Solana Beach, CA 92075 CONTACT US: (858)788-7191 info@MBfitStudio.com www.MBfitStudio.com	BOOK A CLASS 
6:40-7:30 PM Aerial Basics (Aerial Hammock) Amy	6:30-7:30 PM AG Fly Girlz Dance Series (Dance/Fit) Carrie W	6:40-7:30 PM Aerial Flow (Aerial Hammock) Carly				