

Muscle Matrix Gym 2022 FALL GROUP FITNESS CLASSES

day & time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM	<u>Boot Camp</u> w/Lara 45 mins		<u>Boot Camp</u> w/Lara 45 mins		<u>Boot Camp</u> w/ Lara 45 mins		
6:00 AM	<u>ZUMBA</u> w/ Taylor 45 mins		<u>ZUMBA</u> w/ Taylor 45 mins		CORE CRUSH w/ Heather 6-6:30 AM		
7:30 AM		7:30 AM <u>Cycling Circuits</u> w/ Lara 45 mins		7:30 AM <u>Cycling Circuits</u> w/ Lara 45 mins		7:30 AM <u>HARD CORE</u> w/Judy 45 mins	
8:00 AM			<u>GET WAISTED W/ JUDY</u> <u>EXPRESS CORE CLASS</u> 8:00-8:25 AM		<u>SHRED W/ LARA</u> <u>EXPRESS TONING CLASS</u> 8:00-8:25 AM		
8:30 AM	<u>SCULPT</u> w/ LARA 45 mins	<u>TABATA HIIT</u> w/ Lara 45 mins	<u>SCULPT</u> w/ LARA 45 mins	<u>TABATA HIIT</u> w/ Lara 45 mins	<u>Build a Butt- Booty Camp</u> w/ Lara 45 mins	<u>ZUMBA</u> w/ Taylor 45 mins	
9:30 AM 9:45 AM	<u>POUND</u> w/Lelynn 45 mins				9:45 AM <u>ZUMBA</u> W/ LINA	9:30 AM <u>Tabata Hiit</u> w/ Lara 45 min	<u>Shut up & Dance</u> w/Dale 10 AM
5:00 PM	<u>Build a Butt Booty Camp</u> 5PM w/ Lara 45 mins	<u>Ripped</u> Circuit stations 5pm-6:15 45 mins	<u>POWER & STRENGTH</u> 5:30-6:15 PM w/ Jenn 45 mins	<u>Kettlebell Burn</u> w/ Heather 45 mins 5PM			
6:00 PM 6:30 PM	6:30 PM <u>YOGA</u> w/ Melissa 60 mins	6 PM <u>ZUMBA</u> w/ Taylor 60 mins	<u>WILD CARD</u> Wednesday 6:30-7:15 Pm A different format each week	6 PM <u>ZUMBA</u> w/ Taylor 60 mins	7 PM <u>POUND</u> w/ Lelynn 45 mins		

* All Classes are included in membership except SPECIALTY CLASSES. All fitness levels! Classes are subject to cancellation. Non member drop in is \$10. Ages 12 and up.

* **Info? 707-472-7526**

Location: 18983 Hartmann Rd Unit G Hidden Valley Lake, Ca 95467

Hardester's Shopping Center