



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
*Spin H 55 6:30 <i>Jacklyn</i> SP	RESERVED 7:00 <i>1hr</i>	*Spin H 55 6:30 <i>David</i> SP	RESERVED 7:00 <i>1hr</i>	*Spin H 55 6:30 <i>John N.</i> SP	Spin H 55 9:00 <i>George L</i> SP	Pilates 45 7:00 <i>Christina J</i> MB	Sunrise Vinyasa 60 7:00 <i>Rikard</i> MB	Kick It 45 7:00 <i>Tanya C.</i> M	Sunrise Vinyasa 60 7:00 <i>Rikard</i> MB	*Spin H 55 10:00 <i>John N</i> SP	
Cardio Sculpt 9:30 <i>Vanita</i> M	*Spin H 55 7:00 <i>David D</i> SP	Barrelates 45 7:00 <i>Christina J.</i> MB	*Spin H 55 7:00 <i>Jacklyn</i> SP	Spin H 55 10:00 <i>Vanita Iyer</i> M	Pump 45 10:00 <i>George L</i> M		H30 45 9:00 <i>Karen</i> M	Yoga 45 9:30 <i>Tim B.</i> MB	K O Conditioning 60 9:00 <i>James</i> M	Old School Workout 10:30 <i>Gloria</i> MB	Tai Chi 45 10:00 <i>Ash</i> MB
Abs Back & Butt 45 12:00 <i>Dan</i> M	Pump 45 11:00 <i>Vanita Iyer</i> M	Lunch Hour Yoga 12:00 <i>Charles</i> MB	Pump 45 11:00 <i>Vanita</i> M	Lunch Hour Yoga 12:00 <i>Charles</i> MB	*Spin 55 11:00 <i>John N</i> SP		Step 55 10:00 <i>Vanita Iyer</i> M	Old School Workout 10:30 <i>Gloria</i> MB	Step 45 10:00 <i>Vanita</i> M		Kick It 45 10:45 <i>Cheetah Wilson</i> M
V-Core 60 6:00 <i>Emily</i> MB	H30 45 6:00 <i>Keoni H</i> M	Spin 45 6:00 <i>Laura Kim</i> SP	Pump 45 5:30 <i>Blake</i> M	Lunch Hour Yoga 12:00 <i>Charles</i> MB	Hatha Yoga 60 11:15 <i>Alexander D.</i> MB		Step 45 6:00 <i>Vanita</i> M	Spin 45 6:00 <i>Laura Kim</i> SP	Step 45 6:00 <i>Vanita</i> M		Absolutely 30 11:30 <i>Cheetah Wilson</i> M
*Spin H 45 6:00 <i>George Laserna</i> SP	Pilates 55 6:00 <i>Stephanie Meade</i> MB	Abs, Back & Butt 45 6:15 <i>Blake</i> M	*Spin H 55 6:15 <i>John N</i> SP	Abs, Back & Butt 45 6:30 <i>Cheetah Wilson</i> M	Jivamukti Yoga 75 6:00 <i>Johan M.</i> MB		*Spin H 45 6:00 <i>Che</i> M	*Rebounding 45 7:00 <i>Blake</i> M	Sunset Vinyasa 60 6:30 <i>Charles</i> MB	Sunset Yoga 60 6:30 <i>Tim</i> MB	Sunday
Kick It 45 6:45 <i>Karen</i> M	Power Pump 45 7:00 <i>Vanita Iyer</i> M	*Spin H 50 7:00 <i>Courtney</i> SP	Kick It 45 7:00 <i>Cheetah</i> M	Abs, Back & Butt 45 6:30 <i>Cheetah Wilson</i> M	*Spin H 55 9:00 <i>David</i> SP		*Spin H 45 7:00 <i>David</i> SP	Vinyasa Yoga 60 7:00 <i>Stephen</i> MB	Kick It 45 7:00 <i>Cheetah</i> M		Vinyasa Yoga 75 10:00 <i>Charles</i> MB
*Spin H 45 7:00 <i>David</i> SP	Intermed. Yoga 60 7:30 <i>Johan Montijano</i> MB	Vinyasa Yoga 60 7:00 <i>Stephen</i> MB	Pilates 55 7:30 <i>Stephanie</i> MB	Abs, Back & Butt 45 6:30 <i>Cheetah Wilson</i> M	Pilates 55 12:00 <i>Stephanie</i> MB		Barrelates 55 7:30 <i>Kara</i> MB	Dance Fusion 60 7:50 <i>Daphnie</i> M	Ab Attack 30 8:00 <i>Cheetah</i> M		*Rebounding 45 5:00 <i>Keoni H</i> M
	Ab Attack 30 7:45 <i>Vanita Iyer</i> M			K O Conditioning 60 8:30 <i>James</i> M	Abs, Back & Butt 45 5:45 <i>Keoni H</i> M			K O Conditioning 60 8:30 <i>James</i> M			Vinyasa Yoga 75 6:30 <i>Paul Keoni Chun</i> MB

Club Hours:

Mon- Thurs:
5am-11pm

Friday:
5am-10pm

Saturday:
7am-9pm

Sunday:
8am-9pm

*Advanced sign-up required. Classes subject to change without notice.