

A Sante Lakeside Fitness Group Fitness Schedule

Updated: December 26TH-January 2ND, 2016

530-583-4283 asantefitness.com

Hours of Operation: Mon- Friday 5:30 am-9:00 pm Sat. & Sun. 7:00 am- 7:00 pm

12/27/15	12/28/15	12/29/15	12/30/15	12/31/15	01/01/16	01/02/16
	<u>7:00-8:00</u> SPIN Kathy	<u>7:45-9:00</u> YOGA Tammy	<u>7:00-8:00</u> SPIN Katie P	<u>OPEN</u> <u>7-4</u>	<u>OPEN</u> <u>9-5</u>	<u>7:30-8:30</u> SPIN Rich
	<u>9:15-10:30</u> YOGA Shanie				<u>HAPPY</u> <u>NEW</u> <u>YEAR</u>	<u>9:00-10:15</u> YOGA Tammy
<u>10:00-11:30</u> Pole Fitness Kick Ass Combos Tammy <u>Extra Charge</u> <u>All Levels</u>						
	<u>5:30-6:30</u> ZUMBA Katie	<u>5:30-6:30</u> SPIN Katie	<u>5:30-6:30</u> ZUMBA Katie			
			<u>7:00-8:30</u> Pole Fitness Beginner Pole No Experience Required Tammy Extra Charge			