# CUPERTINO SPORTS CENTER
## MARCH FITNESS SCHEDULE

### MORNING

**MON.**
- 8:45-9:30 AM TRX w/ Raychel
- 9:35-10:30 AM UJAM w/ Monica
- 9:35-10:30 AM Trekking w/ Raychel
- 10:35-11:30 AM Body Sculpting w/ Raychel
- 11:35AM-12:30PM Viva Asia w/ Ruby

**TUE.**
- 9:00-9:55 AM Power Yoga w/ Melissa
- 10:00-10:30 AM ABS & w/ Melissa
- 10:35-11:30 Zumba w/ Monica
- 11:35-12:30 PM Circuit Training w/ Melissa

**WED.**
- 8:30-9:25 AM Bootcamp w/ Aboli
- 9:30-10:25 AM UJAM w/ Monica
- 9:35-10:30 AM Trekking w/ Raychel
- 10:35-11:30 AM Body Sculpting w/ Raychel
- 11:35-12:30 PM Zumba w/ Li-Fen

**THU.**
- 8:30-9:25 AM Power Yoga w/ Melissa
- 9:30-10:30 AM Viva Asia w/ Ruby
- 10:15-11:10 AM Viva Asia w/ Ruby
- 11:35-12:30 PM Circuit Training w/ Melissa

**FRI.**
- 8:45-9:30 AM TRX w/ Raychel
- 9:35-10:30 AM Yoga w/ Kae
- 9:35-10:30 AM Trekking w/ Raychel
- 10:35-11:30 AM Dynamic Stretching w/ Kae
- 11:35-12:30PM Zumba w/ Li-Fen

**SAT.**
- 8:15-9 AM Bombay Jam w/ Archana P.
- 9:10-10:10 AM HIIT/ Functional Fitness w/ Aboli
- 10:20-11:20 AM Yoga w/ Polly
- 11:30-12:30 PM Zumba w/ Monica

**SUN.**
- 8:10-9:05 AM Yoga w/ Tejal
- 9:10-10:05 AM Bombay Jam w/ Hilary
- 10:15-11:15 AM Zumba w/ Polly

### EVENING

**MON.**
- 6-6:55 PM Zumba w/Huichen
- 7-7:55 PM Vinyasa Yoga w/ Raychel

**TUE.**
- 6-6:45 PM Spring Into Shape w/ Raychel
- 6:50-7:45 PM Bombay Jam w/ Sonia

**WED.**
- 6-6:55 PM Zumba w/ Jennifer
- 7-7:55 PM Yoga w/ Rashmi

**THU.**
- 6-6:45 PM Spring Into Shape w/ Raychel
- 6:50-7:45 PM Bombay Jam w/ Archana J.

**FRI.**
- 6-6:55 Bombay Jam w/ Amit

**SAT.**
- 8:15-9 AM Bombay Jam w/ Archana P.
- 9:10-10:10 AM HIIT/ Functional Fitness w/ Aboli
- 10:20-11:20 AM Yoga w/ Polly
- 11:30-12:30 PM Zumba w/ Monica

**SUN.**
- 8:10-9:05 AM Yoga w/ Tejal
- 9:10-10:05 AM Bombay Jam w/ Hilary
- 10:15-11:15 AM Zumba w/ Polly

---

**Teens Welcome!**

All fitness classes are open to individuals 13 years age or older!

**Personal Training**

Did you know we have certified personal trainers onsite? Ask the front desk about booking a session.