

	SEPT	Pacific Island Fitness Extreme Rx Class Schedule					
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am		Indoor Cycling Dayna		Spin/ TRX Dayna			
7am						Indoor Cycling Donna	Interval Cycling 7:30am Keith
8:15am	Barre Conditioning Victoria	Boot Camp Joann	Cycle Barre 8:30am Kyra	Boot Camp Joann	Zumba Naomi	Zumba Jason	YOGA Keith
9:30am	YOGA FLOW Victoria	YOGA Kathryn	PILATES (On the Ball) Kyra	YOGA FLOW II Carola	PILATES Kyra	ULTIMATE CIRCUIT Linda	PILATES Mat Flow Cynthia
10:45am	SILVER&FIT EXCEL Claire	SILVER&FIT EXPERIENCE Wanda	SILVER&FIT EXCEL Claire	SILVER&FIT EXCEL Kyra	SILVER&FIT EXPLORE Bill	Slow Yoga Flow Luisa	
4pm	Vinyasa YOGA Melissa	Indoor Cycling Kalei	Total Body Conditioning Tina	Indoor Cycling Kalei			
5:15pm	ULTIMATE CIRCUIT Ifa	Zumba Jason	Vinyasa YOGA Luisa	ULTIMATE CIRCUIT Ifa			
6:30pm			Cycle & Stretch Keith		Hip Hop Workshop (7:00-8:15pm) (\$12-\$15) Angelia		

Pacific Island Fitness Mon-Fri 5am-10pm Sat & Sun 7am-7pm 74-5583 Luhia St. B9 Kailua Kona, HI 96740 (808) 334-1977

Instructor's subject to change in the event of vacation or health reasons!