






	MAY	Pacific Island Fitness Extreme Rx Class Schedule					
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am		Indoor Cycling Dayna	ULTIMATE CIRCUIT Linda	Spin/ TRX Dayna			
7am	Chisel Linda	Zumba Jason	Zumba Naomi	Zumba Jason		Indoor Cycling Donna	
8:15am	STEP Joann	Boot Camp Joann	YOGA Rebecca	Boot Camp Joann	Zumba Naomi	Zumba Jason	YOGA Keith
9:30am	YOGA FLOW Carola	YOGA Kathryn	PILATES Liz	YOGA FLOW II Carola	PILATES Liz	ULTIMATE CIRCUIT Stacy	
10:45am	 EXCEL Claire	 EXPERIENCE Wanda	 EXCEL Claire	 EXCEL Kyra	 EXPLORE Bill	Restorative YOGA Carola	
4pm	Vinyasa FLOW Natasha	Indoor Cycling Kalei	Body Blast Tina	Indoor Cycling Kalei	STRONG by Zumba Tina		
5:15pm	ULTIMATE CIRCUIT Kekoa	Zumba Jason	STRONG by Zumba Tina/Dawa	Body Blast Dawa	Buddhi Yoga (5:30pm) Cara \$8 - \$10		
6:30pm			Buddhi Yoga Cara \$8 - \$10	Line Dancing \$7 - \$9			
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!							