



SPCC FITNESS ROOM SCHEDULE

(Effective September)

Normal Operating Hours: M-F, 8:00AM-5:00PM



Class Guidelines	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Appropriate athletic attire is required at all times</p> <p>Classes, instructors, and Fitness Room availability are subject to change.</p> <p>*FOD is available during designated time intervals for 1 hr increments beginning every half hour</p> <p>For a complete listing of our classes, please call our office at (510) 215-3080.</p>	<p>8:00am-5:00pm ROOM AVAILABLE! (*Fitness on Demand)</p>	<p>8:00am-6:00pm ROOM AVAILABLE! (*Fitness on Demand)</p>	<p>8:00am-5:00pm ROOM AVAILABLE! (*Fitness on Demand)</p>	<p>8:00am-9:30am ROOM AVAILABLE!</p>	<p>9:30am-10:30am Hatha Yoga Hiromi</p>	<p>8:30am-10:00am Adult Ballet George</p>	
				<p>10:30am-12pm Adult Ballet George</p>		<p>11:30am-5:00pm ROOM AVAILABLE! (*Fitness on Demand)</p>	<p>10am-11:00am Beg. Capoeira Jadson</p>
	<p>5:30pm-6:15pm Beg. Karate Mehran</p>	<p>7:00pm-8:30pm Adult Ballet George</p>	<p>5:30pm-6:15pm Beg. Karate Mehran</p>	<p>5:30pm-6:00pm Beg. Ballet Ms. Lyons</p>	<p>5:30pm-6:45pm Ballet I Ms. Lyons</p>	<p>6:00pm-6:45pm Hip-Hop 101 Andrea</p>	<p>11:00am-12:00pm Beg. Capoeira Jadson</p>
	<p>6:30pm-7:15pm Int. Karate Mehran</p>						<p>6:30pm-7:15pm Int. Karate Mehran</p>
	<p>CLOSED</p>		<p>CLOSED</p>	<p>7:00pm-7:30pm Ballet II Ms. Lyons</p>	<p>CLOSED</p>	<p>CLOSED</p>	