



SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>6:00AM</u>	<u>6:00 AM</u>	<u>6:00 AM</u>	<u>6:00 AM</u>		
	<u>Step/ Yulia</u>	<u>Sculpt/ Sue</u>	<u>Step/ Sue</u>	<u>Pilates / Yulia</u>		<u>8:00AM</u>
<u>8:00 AM</u>	<u>All Levels</u>	<u>All Levels</u>	<u>All Levels</u>	<u>All Levels</u>		<u>Step/Sue</u>
<u>Indoor Cycling/</u>	<u>8:30AM</u>	<u>8:30 AM</u>	<u>8:30AM</u>	<u>8:30AM</u>	<u>8:00AM</u>	<u>All Levels</u>
<u>Kiki</u>	<u>TBC / Kiki</u>	<u>"Zumba"/ Kiki</u>	<u>Interval Sculpt /Kiki</u>	<u>"Zumba"/ Kiki</u>	<u>Double Step /Kiki</u>	
<u>All Levels</u>	<u>Level 2&3</u>	<u>All Levels</u>	<u>All Levels</u>	<u>All Levels</u>	<u>Level 2&3</u>	<u>9:00 AM</u>
<u>9:00AM</u>	<u>9:30AM</u>	<u>9:30 AM</u>	<u>9:30 AM</u>	<u>9:30AM</u>	<u>9:00AM</u>	<u>Pilates /Kiki</u>
<u>Step/Stuart</u>	<u>Kick Box- Sculpt/ Nicole</u>	<u>Pilates /Kiki</u>	<u>Yoga/Kiki</u>	<u>Indoor Cycle /Kiki</u>	<u>TDW /Kiki</u>	<u>All Levels</u>
<u>Levels 2 & 3</u>	<u>All Levels</u>	<u>All Levels</u>	<u>All Levels</u>	<u>All Levels</u>	<u>All Levels</u>	
	<u>5:00 PM</u>	<u>5:30 PM</u>	<u>5:30PM</u>	<u>4:30 PM</u>	<u>10:00AM</u>	
	<u>Step Blitz/ Toni</u>	<u>Pilates Strength / Kiki</u>	<u>"Zumba" / Kiki</u>	<u>Pilates/ Kiki</u>	<u>Pilates/ Kiki</u>	
	<u>Levels 2</u>	<u>Levels 2 & 3</u>	<u>All Level</u>	<u>All Levels</u>	<u>All Levels</u>	
	<u>5:30 PM</u>	<u>6:30 PM</u>	<u>6:30 PM</u>	<u>5:30 PM</u>		
	<u>TBC wk. 2 & 4 /</u>	<u>Indoor Cycle /Ryan</u>	<u>Pi/Yo / Kiki</u>	<u>Body Sculpt</u>		
	<u>Interval Sculpt wk.1 & 3</u>	<u>All levels</u>	<u>7:30 PM</u>	<u>All Levels</u>	<u>6:30 PM</u>	
	<u>w//Kiki</u>		<u>Indoor Cycle / Nicole</u>	<u>Indoor Cycle/ Johnna</u>	<u>All Levels</u>	
	<u>All Levels</u>		<u>All Levels</u>			
	<u>6:30 PM</u>					
	<u>Yoga/Kiki</u>					
	<u>All Levels</u>					

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