



SCHEDULE new classes in red / more TRX classes to come!!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM <u>Indoor Cycling/ Kiki</u> All Levels	6:00 AM <u>TBC / Nicole</u> All Levels	6:00 AM <u>Cardio -Abs</u> & <u>Stretch/Cheryl</u> All Levels	6:00 AM <u>PIYo /Nicole</u> All Levels	6:00 AM <u>TBC/Cheryl</u> All Levels	8:00AM <u>Double Step /Kiki</u> Level 2&3	7:30 AM <u>SIU Challenge</u> (<u>Bootcamp</u>) <u>Specialty class</u>
9:00AM <u>Step/Stuart</u> Levels 2 & 3	8:30AM <u>Boot Camp and Core</u> 1 ½ hour / Kiki Level 2&3	8:30 AM <u>"Zumba"/ Kiki</u> All Levels	7:30 AM <u>Athletic Training</u> <u>Ryan &Ryan</u> <u>Specialty class</u>	8:30AM <u>"Zumba"/ Kiki</u> All Levels	9:00AM <u>TDW /Kiki</u> All Levels	8:30AM <u>" Zumba "wk1&3</u> <u>"Booty Beat" wk 2&4</u> <u>Kiki & Nicole</u> All Levels
	5:00 PM <u>Cycle Blitz/Kiki</u>	9:30 AM <u>Pilates /Kiki</u> All Levels	8:30 AM <u>TBC /Kiki</u> All Levels	9:30AM <u>Indoor Cycle /Kiki</u> All Levels	10:00AM <u>Pilates/ Kiki</u> All Levels	9:30 AM <u>Pilates /Kiki</u> All Levels
	5:30 PM <u>TBC / Body Sculpt</u> /Kiki All Levels	5:00 PM <u>Coming Jan24th TRX</u> <u>training class</u>	9:30 AM <u>Yoga/Kiki</u> All Levels	4:30PM <u>Pilates/ Kiki</u> All Levels	6:30 PM <u>wk. 1 & 3^r</u> <u>"Booty Beat"/ Nicole</u> All Levels	
	6:30 PM <u>Yoga/Kiki</u> All Levels	5:30 PM <u>Pilates Strength / Kiki</u> Levels 2 & 3	5:00 PM <u>Sculpt Blitz/Kiki</u> All levels	5:30PM <u>Kickbox w Nicole</u>		
		6:30 PM <u>Indoor Cycle</u> /Johnna All levels	5:30PM <u>"Zumba" wk 1,2 & 4</u> <u>"Booty Beat" wk.3/</u> Kiki All Level	6:00 PM <u>Body Sculpt w Nicole</u>		
			6:30 PM <u>Pi/Yo / Kiki</u>	6:30 <u>Cycle w Nicole</u>		
				7:00 <u>Yoga w Nicole</u>		

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