

Supreme Court I

Athletic Club 415 N. Mathilda Ave Sunnyvale CA 94086

408.739.1250

Studio classes

MONDAY	0600	Power Weights / Sylvia
	1115	Power Weights / Karen
	1200	Zumba / Clarice & Teresa pm
	0530	Butts & Guts / Tristen
	0600	Step / Tristen
	0745	Cardio Mix / Becky
TUESDAY	0600	Step / Debra M.
	1200	Step / Clarice pm
	0530	Kickbox / Brandy
	0630	Power Yoga / Lynn Marie
WEDNESDAY	0600	Power Weights / Sylvia
	1115	Power Weights / Karen
	1200	Blitz / Debra H. pm
	0530	Butts & Guts / Wendy
	0600	Step / Wendy
	0745	Cardio Mix / Becky
THURSDAY	1200	Zumba / Susan pm
	0530	Kickbox / Shannah
FRIDAY	0600	Step / Debra M.
	1200	Power Weights / Karen
SATURDAY	0845	Blitz / Debra H.
	1000	Step / Shilpa
SUNDAY	0900	Kickbox / Shannah

Pacing classes

MONDAY	1200 pm	Karen
TUESDAY	0600 am	Sylvia
WEDNESDAY	1200 pm	Karen
THURSDAY	0600 am	Peggy



Pacing, Yoga, and Zumba are premium classes. Purchase a Premium Card for \$20 at the front desk or pay \$3 per class.

Call 24 hours ahead to reserve a Pacing Bike. 408.739.1250