

INFORMA

Integral Fitness

Class Schedule

Winter 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circuit Training 6:30 - 7:20 Bruce		Circuit Training 6:30 - 7:20 Andrea		Circuit Training 6:30 - 7:20 Mark		
Mat Pilates 7:30 - 8:30 Jami	Iyengar Yoga I-II 7:30- 8:30 Loan	Mat Pilates 7:30 - 8:30 Nancy	Vinyasa Yoga I-II 7:30 - 8:30 Loan	Mat Pilates 7:30 - 8:30 Jami	Mindful Yoga All levels 7:45 - 8:45 Wendy	
Barre Works 8:30 - 9:30 Rosalyn	Cardio Pump 8:30 - 9:30 Cheryl	Cardio Plus 8:30 - 9:30 Jami	Cardio Pump 8:30 - 9:30 Cheryl	Integral Fitness 8:30 - 10:00 Andrea		
Fit Works 9:30 - 10:30 Omar	Iyengar Yoga I-II 9:30 - 10:30 Loan	Barre Works 9:30 - 10:30 Rosalyn	Iyengar Yoga I-II 9:30 - 10:30 Kortney	Super Circuit 9:30 - 10:30 Steve	Body Sculpt 9:00 - 10:00 Jennifer	Reformer Pilates 10:00 - 11:00 Terra
	TRX 10:00 - 11:00 Barry	Reformer Pilates 11:30 - 12:30 Terra	TRX 10:00 - 11:00 Barry			Reformer Pilates 11:30 - 12:30 Terra
Strength & Balance 10:45 - 11:45 Laurie	Reformer Pilates 11:30 - 12:30 Terra	Strength & Balance 10:45 - 11:45 Laurie	Reformer Pilates 11:30 - 12:30 Terra			Reformer Pilates 1:00 - 2:00 Terra
Cardio Plus 5:00 - 6:00 Lynn	Cardio Plus 5:30 - 6:15 Cheryl	Cardio Plus 5:00 - 6:00 Lynn	Functional Fitness 5:00 - 6:00 Barry			
Core & Stretch 6:00 - 6:30 Lynn	Strength & Sculpt 6:15 - 7:00 Cheryl	Core & Stretch 6:00 - 6:30 Lynn	Cardio Blitz 6:00 - 7:00 Tarek			
Living Radiance (Meditation) 7:00 - 8:15 Andrea		Flow Yoga All Levels 6:30 -7:30 Kathryn				

Class schedule and business hours are subject to change during holidays. Call or check InFormaOrinda.com for details.

Monday - Friday: 6:00am to 9:00pm

Saturday & Sunday: 7:00am to 5:00pm

23A Orinda Way Orinda, CA 94563

InFormaOrinda.com

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