

# INFORMA

Integral Fitness

## Class Schedule

Winter 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Circuit Training</b> 6:30 - 7:20 Bruce		<b>Circuit Training</b> 6:30 - 7:20 Andrea		<b>Circuit Training</b> 6:30 - 7:20 Mark		
<b>Mat Pilates</b> 7:30 - 8:30 Jami	<b>Vinyasa Yoga I-II</b> 7:30- 8:30 Jenny	<b>Mat Pilates</b> 7:30 - 8:30 Nancy	<b>Vinyasa Yoga I-II</b> 7:30- 8:30 Jenna	<b>Mat Pilates</b> 7:30 - 8:30 Jami	<b>Mindful Yoga</b> All levels 7:45 - 8:45 Wendy	
<b>Barre Works</b> 8:30 - 9:30 Rosalyn	<b>Cardio Pump</b> 8:30 - 9:30 Cheryl	<b>Cardio Plus</b> 8:30 - 9:30 Jami	<b>Cardio Pump</b> 8:30 - 9:30 Cheryl	<b>Fit Works</b> 9:00 - 10:00 Omar	<b>Body Sculpt</b> 9:00 - 10:00 Jennifer	<b>Cardio X</b> 9:00 - 10:00 Tina
<b>Fit Works</b> 9:30 - 10:30 Omar	<b>Iyengar Yoga I-II</b> 9:30 - 10:30 Jenny	<b>Barre Works</b> 9:30 - 10:30 Tamalyn	<b>Iyengar Yoga I-II</b> 9:30 - 10:30 Jenna	<b>Super Circuit</b> 9:30 - 10:30 Steve		
	<b>TRX</b> 10:00 - 11:00 Barry		<b>TRX</b> 10:00 - 11:00 Barry			
<b>Strength &amp; Balance</b> 10:45 - 11:45 Jami		<b>Strength &amp; Balance</b> 10:45 - 11:45 Jami				
<b>Cardio Plus</b> 5:00 - 6:00 Lynn	<b>Cardio Plus</b> 5:30 - 6:15 Cheryl	<b>Cardio Plus</b> 5:00 - 6:00 Lynn	<b>Functional Fitness</b> 5:00 - 6:00 Barry			
<b>Core &amp; Stretch</b> 6:00 - 6:30 Lynn	<b>Strength &amp; Sculpt</b> 6:15 - 7:00 Cheryl	<b>Core &amp; Stretch</b> 6:00 - 6:30 Lynn	<b>Cardio Blitz</b> 6:00 - 7:00 Tarek			
<b>Living Radiance</b> (Meditation) 7:00 - 8:15 Andrea		<b>Flow Yoga</b> All Levels 6:30 -7:30 Kathryn				

Class schedule and business hours are subject to change during holidays. Call or check [InFormaOrinda.com](http://InFormaOrinda.com) for details.

**Monday - Friday: 6:00am to 9:00pm**  
23A Orinda Way Orinda, CA 94563

**Saturday & Sunday: 7:00am to 5:00pm**  
[InFormaOrinda.com](http://InFormaOrinda.com) (925) 254-6877