

GET FIT DAVIS SPORT

1809 Picasso Ave Davis, Ca 95618 Ph: 530.753.5282 www.GFDSPORT.com

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Body Pump 5:45am-6:45am Kate	Gentle Yoga 6am-7am Sarah	Body Pump 5:45am-6:45am Kate	Gentle Yoga 6am-7am Sarah			
7:00am	GGT Basketball Clinic (fee) 7:00am-9:00am					GGT Basketball Clinic (fee) 7:00am-8:05am	GGT Basketball Clinic (fee) 7:00am-9:00am
8:00am		Zumba 8:30am-9:30am Girlye		Zumba 8:30am-9:30am Girlye		Zumba 8:05am-9:05am Sarah	
9:00am	Step & Tone 9am-10am Valerie		Step & Tone 9am-10am Valerie		Step Technique 9am-10am Donna	Body Combat 9:15am-10:15am Adrienne	Zumba 9am-10am Rika
10:00am	BodySculpt 10am-11am Luciana	Pilates 10am-11am Sandra	BodySculpt 10am-11am Sarah	Pilates 10am-11am Kitty Jo	BodySculpt 10am-11am Donna	Yoga Flow 10:30am-12pm Julia/Liz C.	Body Pump 10:30am-11:30am Rotation
11:00am	Basic Lo 11am-12pm Donna		Basic Lo 11am-12pm Donna		Basic Lo 11am-12pm Rika		
12:00pm	Yoga Flow 12:15pm-1:15pm Julia		Yoga Flow 12:15pm-1:15pm Rachel	Body Pump 12:15pm-1:15pm Lori	Yoga Flow 12:15pm-1:15pm Rachel	Adult Pickup Basketball 12pm-3pm	Body Pump 12pm-1pm Rotation only for 3/4
2:00pm		Gentle Yoga 2:30pm-3:30pm Alison	Volleyball Rental 2:30pm - 3:30pm	Gentle Yoga 2:30pm-3:30pm Julia			
4:00pm	Zumba 4:30pm-5:30pm Luciana		GGT Basketball Clinic (fee) 3:30pm-5:15pm	Volleyball Rental 4:00pm-5:30pm	Zumba 4:30pm-5:15pm Sarah	GGT Basketball Clinic (fee) 3pm-5pm	Adult Pickup Basketball 3pm-5pm
5:00pm		Zumba 5:15pm-6:15pm Kay	Pilates Express 5:15pm-6pm Jeff		Pilates Express 5:15pm-6pm Sarah		Yoga Flow 5:15pm-6:15pm Alison
6:00pm	Bootcamp 6pm-7pm Tianna	Body Combat 6:15pm-7:15pm Adrienne	Bootcamp 6pm-7pm Tianna	Body Combat 6pm-7pm Adrienne	Body Pump 6:10pm-7:10pm Adrienne		
7:00pm	GGT Basketball Clinic (fee) 7:00pm-8:00pm	Body Pump 7:15pm-8:15pm Lori	Yoga 7pm-8pm Julia	Zumba 7pm-8pm Kay			Co-ed Volleyball 7pm-9pm
8:00pm	Adult Pickup Basketball 8:15pm-10pm	Hatha Yoga 8:20pm-9:20pm Donna	Adult Pickup Basketball 8:15pm-10pm	Hatha Yoga 8pm-9pm Donna			

Group Cycling Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am		Group Cycling 5:15am-6:15am Mike		Group Cycling 5:15am-6:15am Mike			
9:00am		Strength Cycling 9:00am-9:45am Raychel			Strength Cycling 9am-9:45am Jenny	Group Cycling 9am-10am Liat	Group Cycling 9am-10am Jeff
12:00pm			Group Cycling 12:15pm-1:15pm Liat		Group Cycling 12:15pm-1:15pm Liat		
4:30pm	Group Cycling 12:15pm-1:15pm Lori		Group Cycling 4:30pm-5:30pm Brittany				
6:00pm	Group Cycling 6pm-7pm Jen	Group Cycling 6pm-7pm Chris	Group Cycling 6pm-7pm Jeff	Group Cycling 6pm-7pm Jen			

Class Schedule is subject to change without notice.

***Sunday Basketball:** Please be off the court at 5pm to allow Yoga class to set up. Thank you!