

GET FIT DAVIS SPORT

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

version 5.1.2019

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-8:05am	GGT Basketball Clinic (fee) 7:00am-9:00am
8:00am		Zumba 8:30am-9:30am Girlie		Zumba 8:30am-9:30am Girlie		Zumba 8:05am-9:05am Sarah	
9:00am	Step & Tone 9am-10am Valerie	Body Combat 9:30am-10:30am Luciana	Step & Tone 9am-10am Valerie	Body Combat 9:30am-10:30am Cassie	Step Technique 9am-10am Donna	Body Combat 9:15am-10:15am Adrienne	Zumba 9am-10am Rika
10:00am	BodySculpt 10am-11am Luciana	Pilates 10:30am-11:30am Donna	BodySculpt 10am-11am Sarah	Pilates 10:30am-11:30am Donna	BodySculpt 10am-11am Donna	Yoga Flow 10:30am-12pm Julia	Body Pump 10am-11am Denise
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 Julia	Body Pump 12:15pm-1:15pm Lori	Yoga Flow 12:15pm-1:15pm Rachel	Adult Pickup Basketball 12pm-3pm	
2:00pm		Gentle Yoga 2:30pm-3:30pm Alison	Volleyball fee 2:30pm-3:30pm	Gentle Yoga 2:30pm-3:30pm Julia			Pick Up Basketball 2pm-4:30pm
4:00pm	Zumba 4:30pm-5:30pm Luciana	GGT Basketball Clinic (fee) 3:30pm-4:30pm	GGT Basketball Clinic (fee) 3:30pm-5:15pm	Volleyball fee 4pm-5:30pm	Zumba 4:30pm-5:30pm Sarah		
5:00pm		Zumba 5:15pm-6:15pm Kay	Pilates Express 5:15pm-6pm Jeff		Abs, Core & More 5:30pm-6pm Sarah		Yoga Flow 5:00pm-6:15pm Joey
6:00pm	Bootcamp 6pm-7pm Zoe	Body Combat 6:15pm-7:15pm Adrienne	Bootcamp 6pm-7pm Zoe	Body Combat 6pm-7pm Adrienne	Body Pump 6:10pm-7:10pm Liat		
7:00pm	GGT Basketball Clinic (fee) 7:00pm-10:00pm	Body Pump 7:15pm-8:15pm Lori	GGT Basketball Clinic (fee) 7:00pm-10:00pm	Zumba 7pm-8pm Kay	GGT Basketball Clinic (fee) 7:10pm-10:00pm		Co-ed Volleyball 7pm-9pm
8:00pm		Hatha Yoga 8:20pm-9:20pm Donna		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		HIIT SPIN 9am-9:45am Jenny	HIIT SPIN 9am-9:45am Jenny	Group Cycling 9am-10am Liat	Group Cycling 9am-10am Jeff
12:00pm	Group Cycling 12:15pm-1pm Symone		Group Cycling 12:15pm-1pm Liat		Group Cycling 12:15pm-1pm Liat		
4:30pm	Group Cycling 4:30pm-5:15pm Casey		Group Cycling 4:30pm-5:15pm Brittany				
6:00pm	Group Cycling 6pm-7pm Jen	Group Cycling 6pm-7pm Jeff	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!