

	MAY	Pacific Island Fitness Extreme Rx Class Schedule						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6am		Indoor Cycling Dayna	HiIT STRENGTH Linda	Spin/ TRX Dayna				
7am						Indoor Cycling Donna	Interval Cycling (7:30am) Keith	
8:15am	Barre Conditioning Victoria	Boot Camp Joann	Barre Conditioning Cynthia	Boot Camp Joann	Zumba Naomi	Zumba Jennifer	YOGA Keith	
9:30am	YOGA FLOW Carola	Hatha YOGA Kathryn	PILATES (On the Ball) Kyra	YOGA FLOW II Carola	PILATES Kyra	Restorative Yoga Carola	PILATES Mat Flow Cynthia	
10:45am	SILVER&FIT: EXCEL Claire	Senior Circuit Ifa	SILVER&FIT: EXCEL Kyra	SILVER&FIT: EXPERIENCE Kyra	SILVER&FIT: EXPLORE Bill		Buddhi Yoga (starts 5/12/19) Nadine	
4pm	Buddhi / Vinyasa YOGA Natasha	Indoor Cycling Kalei	HiIT CARDIO & STRENGTH Tina	Indoor Cycling Kalei	Power Flow Melissa			
5:15pm	HiIT CIRCUIT Linda	Zumba Jason	Hatha & Flow Dhivya	Zumba Jason				

Pacific Island Fitness Mon-Fri 5am-10pm Sat & Sun 7am-7pm 74-5583 Luhia St. B9 Kailua Kona, HI 96740 (808) 334-1977

Instructor's subject to change in the event of vacation or health reasons.