

	JUNE	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	Zumba Gold Alex	SILVER&FIT^{EXCEL} Claire	Senior Circuit Iifa	SILVER&FIT^{EXPLORE} Bill		Buddhi Yoga 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.