









	Pacific Island Fitness Class Schedule						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am		Indoor Cycling Dayna		Spin/ TRX Dayna			
7am						Indoor Cycling Donna	Interval Cycling (7:30am) Keith
8:15am	Barre Conditioning Victoria	BOOT CAMP Joann	 ZUMBA Tina S.	BOOT CAMP Joann	 ZUMBA Naomi	 u-jam FITNESS Tina S.	YOGA FLOW Keith
9:30am	YOGA FLOW Carola	Hatha YOGA Kathryn	PILATES Kyra	YOGA FLOW II Carola	PILATES Kyra	Restorative YOGA Carola	PILATES Mat Flow Cynthia
10:45am	 SILVER&FIT EXCEL Claire	Senior Circuit Ifa	 ZUMBA gold Rhodlynn	Senior Circuit Ifa	 SILVER&FIT EXPLORE Bill		
4pm	Vinyasa Flow Natasha	Indoor Cycling Kalei	Total Body HiiT Tina	Indoor Cycling Jojo	Buddhi Yoga Nadine		
5:15pm	BOXING Jacob	 ZUMBA Jason	YOGA FUSION Victoria	 ZUMBA Jason			

Pacific Island Fitness Mon-Fri 5am-10pm Sat & Sun 6am-7pm 74-5583 Luhia St. B9 Kailua Kona, HI 96740 (808) 498-0681

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