









	11/16-11/22	Pacific Island Fitness Class Schedule					
	Monday 11/16	Tuesday 11/17	Wednesday 11/18	Thursday 11/19	Friday 11/20	Saturday 11/21	Sunday 11/22
6:00am		Indoor Cycling Jojo	Indoor Cycling Linda	Cycle & Weights Dayna			Cycle & Stretch (7:30am) Keith
8:00am	Yoga Flow Carola	 BOOT CAMP Joann	Hatha Yoga Kathryn	 BOOT CAMP Joann	 ZUMBA fitness Naomi	 u-jam WORLD OF DANCE FITNESS Tina S.	
8:15am	Barre Conditioning 801 179 546						
9:30am	Yoga Flow Carola	Hatha Yoga Kathryn	 ZUMBA fitness Naomi	Yoga Flow II Carola		Restorative Yoga Carola	
9:30am			Body Weight Strength 859 6201 0245		Body Weight Strength 859 6201 0245	 ZUMBA fitness 719 902 916	
10:00am		Rock Steady Boxing 894 3432 8916		Rock Steady Boxing 894 3432 8916			
11:00am	 SILVER&FIT EXCEL Kym		 SILVER&FIT EXCEL Claire	Vinyasa Yoga Elli	Senior Circuit Kym		
4pm	Vinyasa Yoga Natasha	Indoor Cycling Kalei	Core HiIT Pilates Tina	Indoor Cycling Jojo	Buddhi Yoga Nadine		
5:30pm	Boxing Jake	Z-Groove Jason	Power Yoga Victoria	Z-Groove Jason	Cycle & Stretch Keith		
Pacific Island Fitness Mon-Fri 5am-10pm Sat & Sun 6am-7pm 74-5583 Luhia St. B9 Kailua Kona, HI 96740 (808) 498-0681							
	ZOOM	Register for "live" classes on Club Systems web portal or Member Mobile App. Zoom Meeting ID#'s are listed above.					