

	01/11-01/17	Pacific Island Fitness Class Schedule					
	Monday 01/11	Tuesday 01/12	Wednesday 01/13	Thursday 01/14	Friday 01/15	Saturday 01/16	Sunday 01/17
6:00am		Indoor Cycling Jojo	Indoor Cycling Linda	Cycle & Weights Dayna			Cycle & Stretch (7:30am) Keith
8:00am		<b>BOOT CAMP</b> Tammy	Hatha Yoga Kathryn	<b>BOOT CAMP</b> Tammy	<b>ZUMBA</b> Naomi	<b>WORLD OF DANCE</b> <b>U-JAM!!!</b> FITNESS Tina S.	
8:15am	Barre Conditioning 801 179 546						
9:30am	Yoga Flow Carola	Hatha Yoga Kathryn	<b>ZUMBA</b> Tina S.	Yoga Flow II Carola	Vinyasa Yoga Elli	Restorative Yoga Carola	
9:30am			Body Weight Strength 859 6201 0245		Body Weight Strength 859 6201 0245	<b>ZUMBA</b> 719 902 916	
10:00am		Rock Steady Boxing 894 3432 8916		Rock Steady Boxing 894 3432 8916			
11:00am	<b>SILVER&amp;FIT</b> EXCEL Kym		<b>SILVER&amp;FIT</b> EXCEL Claire		Senior Circuit Kym		
4:00pm	Vinyasa Yoga Natasha	Indoor Cycling Kalei	Total Body HiiT Tina W.	Indoor Cycling Jojo	Buddhi Yoga Nadine		
5:30pm		Z- Groove Jason	Restorative Yoga Sydney	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.					