

GROUP EXERCISE DEMOS (subject to change)

Group X Classes – 20 Minute Demos

Friday – Aug 30	ZUMBA	BODYCOMBAT	YOGA FLOW
4:00 PM to 5:00 PM	Maria Telleria	Carol Ho & Jenss Chang	Carol Ho
6:00 PM to 7:00 PM	Maria Telleria	Carol Ho & Jenss Chang	Carol Ho

Saturday – Aug 31	ZUMBA	BODYCOMBAT	YOGA
11:00 AM to 12:00 PM	Anthony Marmolejo	Catharina Soesetyo	Catharina Soesetyo
1:00 PM to 2:00 PM	Anthony Marmolejo	Catharina Soesetyo	Catharina Soesetyo

Sunday – Sept 1	ZUMBA	BODYCOMBAT	PILATES FUSION
11:00 AM to 12:00 PM	Linda Aldama	Sarah Kang	Sarah Kang
1:00 PM to 2:00 PM	Linda Aldama	Sarah Kang	Sarah Kang

Monday – Sept 2	ZUMBA	BODYCOMBAT	POP PILATES
11:00 AM to 12:00 PM	Erika Fernandez	Autumn Mena	Na'ima Norrise
1:00 PM to 2:00 PM	Erika Fernandez	Autumn Mena	Na'ima Norrise