



HOURS OF OPERATION:

MON-THU 5:15am - 9:30pm
 FRIDAY 5:15am - 8:00pm
 SATURDAY 7:00am - 6:00pm
 SUNDAY 10:00am - 6:00pm

Phone: 805.541.1100

Marigold Shopping Center
 3930 Broad Street
 San Luis Obispo, CA 93401
 www.eqclubs.com

This schedule effective 09-08-08

STUDIO 1 - GROUP FITNESS SCHEDULE - 2008

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30							
7:30-7:55	ABS		ABS		ABS		
8:00-9:00	CLASSIC YOGA		CLASSIC HI/LOW	YOGA PILATES	CLASSIC STEP		
8:10-9:10							
9:10-10:10							
9:20-10:20							
10:30-11:30							
11:40-12:40							
12:00-1:00							
3:40-4:25							
4:35-5:35		ROCK BOTTOM			ROCK BOTTOM		
5:45-6:45							
7:00-8:00							
8:10-9:10							

STUDIO 2 - GROUP FITNESS SCHEDULE - 2008

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:15							
6:45-7:30		ALL TERRAIN					
7:10-7:55						ALL TERRAIN	
9:20-10:05							
9:30-10:15		ALL TERRAIN		ALL TERRAIN			
10:30-11:15					ALL TERRAIN		
10:30-11:30			ALL TERRAIN				
4:30-5:15							
5:45-6:30				ALL TERRAIN			

WORKOUT FLOOR - GROUP FITNESS SCHEDULE - 2008

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:15 times a.m.	CIRCUIT CARDIO SCULPT		CIRCUIT CARDIO SCULPT		CIRCUIT CARDIO SCULPT		
8:00-9:00 times a.m.							
9:10-10:10 times a.m.							