

SUMMER 2010
Effective as of June 7th, 2010

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

Login for class descriptions!

STUDIO 1 - GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30							
7:30-7:55	ABS		ABS		ABS		
8:00-9:00			CLASSIC HI/LOW		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			SCULPT				
3:30-4:30					ROCK BOTTOM		
4:35-5:35		ROCK BOTTOM					
5:45-6:45							
7:00-8:00							
8:10-9:10							

STUDIO 2 - GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:15	ALL TERRAIN						
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				
5:45-6:30				ALL TERRAIN			

WORKOUT FLOOR - GROUP FITNESS SCHEDULE - 2010

	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.							