The Studio
Fitness For Women

eQUILIBRIUM
FITNESS INC.

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.studiofitnessforwomen.com

This schedule effective 01-07-08

STUDIO 1 - GROUP FITNESS SCHEDULE - 2008

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

STUDIO 2 - GROUP FITNESS SCHEDULE - 2008

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