

# SAC STILLAGUAMISH ATHLETIC CLUB

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am		<b>Bootcamp (Abby)</b> 6:30-7:30am		<b>Bootcamp (Abby)</b> 6:30-7:30am		
7:00am						
8:00am	<b>Fit4Life (Jolane)</b> 8:00-9:00am	<b>Step (Amy)</b> 8:15-9:15am	<b>Fit4Life (Jolane)</b> 8:00-9:00am			<b>Yoga (Annaleise)</b> 8:00-9:00am
9:00am	<b>Aqua Fitness (Jolane)</b> 9:00-10:00am	<b>Muscle Blast (Cheryl)</b> 9:30-10:30am	<b>Aqua Fitness (Jolane)</b> 9:00-10:00am	<b>Muscle Blast (Cheryl)</b> 9:30-10:30am	<b>Aqua Fitness (Leslie)</b> 9:00-10:00am	<b>Step (Amy/Cheryl)</b> 9:30-10:30am
10:00am	<b>Weight Training (Cheryl)</b> 9:30-10:30am		<b>Butt-N-Gutt (Aria)</b> 9:30-10:30am		<b>HighFitness</b> 9:30-10:30am	
11:30am	<b>Tai Chi (Gloria)</b> 10:30-11:30am		<b>Yoga (Aria)</b> 10:30-11:30am	<b>Tai Chi (Gloria)</b> 10:45-11:30am		
	PM	PM	PM	PM	PM	
1:00pm	<b>Aqua Fitness (Edna)</b> 1:00-2:00pm	<b>CLOSED</b> 1:00-3:00pm	<b>Aqua Fitness (Edna)</b> 1:00-2:00pm	<b>CLOSED</b> 1:00-3:00pm	<b>Aqua Fitness (Leslie)</b> 1:00-2:00pm	<b>CLOSED</b>
2:00pm						
3:00pm						
4:00pm		<b>HighFitness</b> 4:00-5:00pm		<b>Yoga Fusion (Aria)</b> 4:00-5:00pm		
5:00pm	<b>TRX/HIIT (Jessica)</b> 5:15-6:15pm		<b>Circuit/Weights (Jessica)</b> 5:00-6:00pm		<b>CLOSED</b>	
6:00pm	<b>Aqua Fitness (Katie)</b> 6:00-7:00pm	<b>Yoga (Michelle)</b> 6:30-7:30pm	<b>Aqua Fitness (Katie)</b> 6:00-7:00pm	<b>Aqua Fitness (Katie)</b> 6:00-7:00pm		
7:00pm				<b>Double Step (Cheryl)</b> 6:15-7:15pm		
8:00pm	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>		
Location	Functional Training Studio	Group Fitness Studio	Upstairs Fitness Floor	Pool		

11/14

11/12



Instagram

@ClubStilly