

SAC STILLAGUAMISH ATHLETIC CLUB

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am		Bootcamp (Abby) 6:00-7:00am		Bootcamp (Abby) 6:00-7:00am		
7:00am		TRX (Abby) 7:00-7:45am				
8:00am	Fit4Life (Aria) 8:00-9:00am		Fit4Life (Aria) 8:00-9:00am	New Time	Kickboxing (Abby) 8:00-8:45am	
9:00am	Aqua Fitness (Aria) 9:00-10:00am	New Class	Aqua Fitness (Teresa) 9:00-10:00am	HIIT & Flow (Kathy) 8:30-9:15am	Aqua Fitness (Lynn) 9:00-10:00am	Muscle Blast (Julie) 9:00-10:00am
9:30am	Zumba (Teresa) 9:30- 10:15am	Total Fit (Marqie) 9:30-10:15am	Butt-N-Gutt (Aria) 9:30-10:30am	Muscle Blast (Julie) 9:30-10:30am	TRX/HIIT (Abby) 9:00-9:45am	Yoga (Michelle/Sandy) 10:15-11:00am
11:30am	Yoga (Aria) 10:30-11:30am	Chair Yoga (Lisa) 10:30-11:30am	Yoga (Aria) 10:30-11:30am	Chair Fitness (Lisa) 10:30-11:30am	HighFitness (Chelsea) 9:30-10:30am	
	PM	PM	PM	PM	PM	
1:00pm	Aqua Fitness (Aria) 1:00-2:00pm		Aqua Fitness (Aria) 1:00-2:00pm			
2:00pm						
3:00pm						
4:00pm		HighFitness (Chelsea) 4:00-5:00pm		New Class		
5:00pm	Step (Julie) 5:00-5:45pm	Core Conditioning (Allie) 5:00-5:45pm	Total Body Reset (Marqie) 5:00-6:00pm	Power Hour (Allie) 5:00-5:45pm		
	Muscle Blast (Julie) 5:45-6:45pm					
6:00pm	Aqua Fitness (Abby) 6:00-7:00pm	Yoga (Michelle) 6:00-7:00pm	Aqua Fitness (Abby) 6:00-7:00pm	Yoga/Pilates (Michelle) 6:00pm-6:45pm		
9:00pm	CLOSED	CLOSED	CLOSED	CLOSED		

LEGEND

- Functional Training Studio
- Group Fitness Studio
- Pool
- Weight Rooms



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