

W E E K L Y S C H E D U L E

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM	RSB VENTURA	NeuroFunction FIGHT CLUB (rsvp)	RSB VENTURA	NeuroFunction FIGHT CLUB (rsvp)	RSB VENTURA		
8:30 AM							
9:00 AM						URBAN POLING (rsvp)	
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM	RSB VENTURA	RSB VENTURA	RSB VENTURA	RSB VENTURA	RSB VENTURA		
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM	THAI CHI FOR BALANCE		THAI CHI FOR BALANCE				
2:30 PM							
3:00 PM			STRENGTH & MOBILITY (rsvp)				
3:30 PM					FUNctional Yoga		
4:00 PM	NeuroFunction FIGHT CLUB (rsvp)	POUND (rsvp)	NeuroFunction FIGHT CLUB (rsvp)				
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							

PLEASE RSVP FOR CLASSES SO WE CAN INSURE A COACH IS PRESENT**

*** Please call for class details***

