

SAN FRANCISCO
TENNIS CLUB

GROUP EXERCISE SCHEDULE

MAY 2010 *PLEASE NOTE SOME CLASSES STARTING MAY 15

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	*6:30-7:30am Dance Fusion Romina <i>Starting May 17</i>	6:30-7:30am Morning Muscle Rosanna Studio 1	*6:30-7:30am Dance Fusion Romina <i>Starting May 19</i>	6:30-7:30am Morning Muscle Rosanna Studio 1		
8:30-10:00am Yoga II Barbara Studio 2	8:00-9:30am Yoga II Arthur Studio 1		8:00-9:30am Yoga II Arthur Studio 1	8:00-9:30am Yoga II Sharanjit Studio 1	8:00-9:30am Yoga I-III Kate Studio 1	8:30-10:00am Mindful Yoga- Movement Firat (Studio 2)
	10:00-11:00am \$\$Allegro Reformer Kirsten		10:00-11:00am \$\$Allegro Reformer Kirsten	10:45-11:45am Pilates Mat Tre Studio 1		10:30-11:30am Zumba Jaime <i>*Starting May 15</i>
	12:30-1:15pm Resistive Circuit Training Chris Studio 1	12:00-1:15pm Hatha Yoga I-III Firat Studio 2	12:30-1:15pm Core Strength & Flexibility: Abs John Studio 1	12:00-1:15pm Hatha Yoga I-III Firat Studio 2	12:00-1:00pm Group Cycle Jeanine	
	5:00-5:45pm Kickboxing JJ	5:00-6:00pm Muscle Conditioning Anna Studio 1	5:00-6:00pm Group Cycle Eli	5:00-6:00pm Muscle Conditioning Anna Studio 1		
	6:00-7:15pm Vinyasa Yoga II Arthur Studio 1	6:00-7:15pm Hatha Yoga I-III Firat Studio 2	6:00-7:00pm Pilates Mat Eli	6:00-7:15pm Hatha Yoga I-III Firat Studio 2		

\$\$ Denotes fee-based class

San Francisco Tennis Club
645 Fifth Street
San Francisco, CA 94107
Phone: 415.777.9000

CLUB HOURS:
Monday and Friday
5:30 am - 10:00 pm
Tuesday-Thursday
5:30 am-11:00 pm
Saturday and Sunday
8:00 am - 7:00 pm