

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 - 6:45 am Endurance Ride Carol Studio 1		5:45-6:45 am Indoor Cycling Carol Studio 1			
					7:00-8:00am Hatha Yoga Jennifer Studio 1
8:00 - 9:15 Low I I/Burn I Kathy Studio 2	8:00 - 9:25 am STEPI I/Adv Pilates Antonella Studio 1	8:00 - 9:15 am Low I I/Core Kathy Studio 2	8:00 - 9:25 am Step I I/Adv Pilates Antonella Studio 1	8:00 - 9:15 Low I I/Bosu Kathy Studio 2	8:00-9:00am Taji Health/Wellness Jerry Studio 1
9:00 - 10:00 am Tai-Chi for Arthritis Janice Studio 1		9:00 - 10:00 am Tai-Chi for Arthritis Janice Studio 1			8:00-9:15 am Intermed Hi-Lo Janice Studio 2
9:30-10:05am AOA Low I Kathy Studio 2	9:30 - 11:00 am Hatha Yoga Ancelyn Studio 2		9:30 - 11:00 am Hatha Yoga Ancelyn Studio 2	9:30-10:05am AOA Low I Kathy Studio 2	9:30 - 10:30 am Boot Camp Judi Studio 2
10:10-10:45am AOA Total Body Kathy Studio 2	10:30-11:30 am H2O Fit Kathy Pool	10:00- 10:45 am AOA MUVE Maggie Studio 1	10:30-11:30am H2O Fit Antonella Pool	10:10-10:45am AOA Total Body Kathy Studio 2	*1:30-2:45 pm Yth/Teen Ki-Akido Roy & Miles Studio 1
11:00 - 11:45 am Sit & Get Fit Yoga Stretch Abby Studio 1		11:15am-12:15pm SILVER & FIT® Level 2 Kathy Studio 1		Chg 10:15-11:15am SILVER & FIT® Level 2 Antonella Studio 1	*3:00-5:00 pm Adult Ki-Akido Roy & Miles Studio 1
	11:30am - 12:00pm Step Express Rosalie Studio 2		11:30am - 12:00pm Step Express Rosalie Studio 2		SUNDAY SCHEDULE
	12:00 - 1:00 pm Burn II Rosalie Studio 2		12:00 - 1:00 pm Burn II Rosalie Studio 2	12:00 - 1:00pm Beg Line Dancing May Studio 1	8:00-9:15 am Adv Hi-Lo Janice Studio 2
				1:00 - 2:00PM Int/Adv Line Dance May Studio 1	9:00-10:30am Stretch,Strength,Bal Sungalina S-1
Chg 4:45 - 5:40 pm Step II Janie Studio 2	4:30-5:30pm PILATES Stephanie Studio1	Chg 4:45 - 5:40 pm Step II Janie Studio 2	4:45 - 5:25pm BOSU Circuit Al Studio 2	Chg 4:45 - 5:40 pm Step II/Burn I Janie Studio 2	For your safety do not enter a class if it is over 10 minutes of start time.
5:00-6:00p COMBO CYCLING Pam Studio 1	5:30-6:30pm Turbo Kick May Studio 1	5:00-6:00 pm ZUMBA Pam Studio 1	5:30-6:30 pm PILATES May Studio 1		
Chg 5:40 - 5:55pm Gut Cut Janie Studio 2	5:30 - 6:30 pm Burn II Al Studio 2	Chg 5:40 - 5:55pm Gut Cut Janie Studio 2	5:30 - 6:30 pm Burn II Al Studio 2	Chg 4:40 - 5:55 pm Gut Cut Janie Studio 2	AOA CYCLING MIND/BODY
6:00 - 7:00 pm Hi-Lo Judi Studio 2	* 5:30-6:45 pm Tae Kwon Do 5-12yrs Scott Gym	6:00 - 7:00 pm Hi-Lo Judi Studio 2	* 5:30-6:45 pm Tae Kwon Do 5-12yrs Scott Gym	6:00-7:00pm ZUMBA Ioanna Studio 2	AQUA SENIOR CIRCUIT
6:15 - 7:30pm Astanga Primary Marc Studio 1	6:30 - 7:30 pm NIA Renee Studio 1	6:10-7:25pm Vinyasa Cherie Studio 1		6:00 - 7:15 pm Power Yoga Marc Studio 1	MARTIAL ARTS
	* 7:00-8:45 pm Tae Kwon Do 13 & up Scott Gym	* 7:30-9:00 pm Adult Ki-Akido Roy & Miles Studio 1	* 7:00-8:45 pm Tae Kwon Do 13 & up Scott Gym		Facility Hours: M-F 4:30am-10pm Sat 5:00am-6pm Sun 7:00am-5pm
Classes/ Instructors are subject to change * Extra Fee for Martial Arts			Please check bulletin boards daily for updates		
401 Atkinson Dr, Honolulu, HI 96814 (808)941-3344 or visit www.vmcahonolulu.org					