

living lean class schedule

UPDATED 1/26/12

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		New! Cardio spin 5:30-6:30 Orinda Laney/ Eileen	5:30 - 6:30am Cardio Spin Sheena (Orinda)	5:30-6:30am Hot Zone/TRX Sheena (Orinda)	5:30- 6:30am Spin/Abs Laney (Orinda)	
		7:00 -8:00am Spin Clara (Montclair)	6:30-7 am Yoga Vera (Orinda)	7:00-8:00am Spin Danny (Montclair)		8:00-9:30am 60/30 Spin/Ball /Muscle Danny/Mikey/Sheena (Orinda)
8:00 – 9:00am Spin Julie (Montclair)	9:00 - 10am Spin Clara (Orinda)	8:30 - 9:30am Spin Paige (Orinda)	9:30 -10:30am Spin Paige (Orinda)	8:30 - 9:30am Spin Melinda (Orinda)	9:00 - 10:00am Spin Mikey (Orinda)	9:00 - 10:00am Spin Clara (Danville)
9:00 – 9:30am Six Pack Abs Julie (Montclair)			9:30 -10:30am Spin Manny/Mikey (Danville)			
	5:00-6pm Spin Melinda (Danville)		1:00 – 2:00pm Spin Clara (Orinda)			
4-5 pm Spin Mikey/ Clara/Sheena (Danville)	6:00-7pm Spin Melinda (Danville)			5:00-6:00 PM Spin Laney/Clara (Danville)		