



116 North 16th street
Sacramento, CA 95814

916.341.0100
www.sacramentopipeworks.com

May 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7:00am CROSS TRAINING SPIN 5:30 PILATES 5:30 YOGA 6:30 YOGA 7:45	2 YOGA 12noon BELLY DANCE 5:20 YOGA 6:30	3 YOGA 12 noon
4	5 YOGA 12:00 SPIN 5:30 YOGA 6:30 YOGA 7:45	6 7:00am CROSS TRAINING YOGA 12NOON PILATES 5:30 KICKBOX 5:30 SPIN 5:30 YOGA 6:30 YOGA 7:45	7 YOGA 12:00 SPIN 5:30 YOGA 6:30 YOGA 7:45	8 7:00am CROSS TRAINING SPIN 5:30 PILATES 5:30 YOGA 6:30 YOGA 7:45	9 YOGA 12noon BELLY DANCE 5:20 YOGA 6:30	10 YOGA 12 noon
11	12 YOGA 12:00 SPIN 5:30 YOGA 6:30 YOGA 7:45	13 7:00am CROSS TRAINING YOGA 12NOON PILATES 5:30 KICKBOX 5:30 SPIN 5:30 YOGA 6:30 YOGA 7:45	14 YOGA 12:00 SPIN 5:30 YOGA 6:30 YOGA 7:45	15 7:00am CROSS TRAINING SPIN 5:30 PILATES 5:30 YOGA 6:30 YOGA 7:45	16 YOGA 12noon BELLY DANCE 5:20 YOGA 6:30	17 YOGA 12 noon
18	19 YOGA 12:00 SPIN 5:30 YOGA 6:30 YOGA 7:45	20 7:00am CROSS TRAINING YOGA 12NOON PILATES 5:30pm KICKBOX 5:30 SPIN 5:30 YOGA 6:30 YOGA 7:45	21 YOGA 12:00 SPIN 5:30 YOGA 6:30 YOGA 7:45	22 7:00am CROSS TRAINING SPIN 5:30 PILATES 5:30 YOGA 6:30 YOGA 7:45	23 YOGA 12noon BELLY DANCE 5:20 YOGA 6:30	24 YOGA 12 noon
25	26 Memorial Day Hours 9-6 No Classes Happy Holiday!	27 7:00am CROSS TRAINING YOGA 12NOON PILATES 5:30 KICKBOX 5:30 SPIN 5:30 YOGA 6:30 YOGA 7:45	28 YOGA 12:00 SPIN 5:30 YOGA 6:30 YOGA 7:45 <i>Lead Climbing Clinic 6:30 \$30</i>	29 7:00am CROSS TRAINING SPIN 5:30 PILATES 5:30 YOGA 6:30 YOGA 7:45	30 YOGA 12noon BELLY DANCE 5:20 YOGA 6:30	31 YOGA 12 noon

Yoga, Cross Training, Pilates, Belly Dance, Butts&Guts

Monday

Yoga 12:00- Natasha
Yoga 6:30 pm - Ivana
Yoga 7:45pm - Leah

Tuesday

Cross Training 7am -Jenny
Yoga Noon-Lisa
Pilates 5:30 pm - Sam
Kickboxing 5:30 - Jenny
Yoga 6:30 pm - Robert
Yoga 7:45 pm -Robert

Wednesday

Yoga Noon - Lisa
Yoga 6:30 pm - Robert
Yoga 7:45 pm - Jordan

Thursday

Cross Training 7am-Jenny
Pilates 5:30-Sam
Yoga 6:30pm - Jessica - new!
Yoga 7:45pm - Daljit - new!

Friday

Yoga Noon - Tamara S.
Belly Dancing 5:20 - Stephanie - new!
Yoga 6:30pm - Tamara D.

Saturday

Yoga 12:00- Ivana

Yoga/Pilates/Belly Dancing/Cross Training

sessions last about 1 hr and are designed for all fitness levels. Cycling sessions are 1 hr. long, intended for all abilities, on a first come basis. All classes are free to members and \$10.00 for non-members. Climbing clinics are designed for people climbing 5.9 or harder, and are offered at various times throughout the month. Pick up a clinic flyer for more details.

Cycling Schedule

Monday: 5:30-Monica
Tuesday: 5:30- Vee
Wednesday: 5:30-Tina
Thursday: 5:30-Rhonda