

Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
730a Level 1 Fit 830a Core & Cardio <i>Carol</i>	6:00 am Bootcamp <i>Carol</i>	8:30 am Core & Cardio <i>Carol</i>	600a Bootcamp 730a Level 1 Fit <i>Carol</i>	8:30 am Core & Cardio <i>Carol</i>	
9:45 am Yoga <i>Karen</i>	8:30 am Pilates <i>Susan</i>	9:45 am Yoga <i>Karen</i>	8:30 am Pilates <i>Susan</i>	9:45 am Yoga <i>Karen</i>	
	10:00 am Fitness for Seniors <i>Carol</i>		10:00 am Fitness for Seniors <i>Carol</i>		
	11:00 am Fitness for Seniors <i>Carol</i>	NEW!	11:00 am Fitness for Seniors <i>Carol</i>	NEW!	

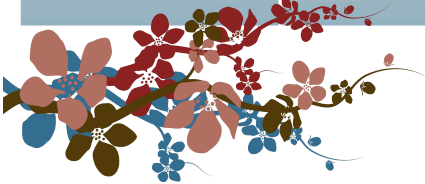
* **Online Class Scheduling and Payment coming soon via MindBody**

Revised
07/18/13

The Wellness Studio is located in the building directly behind NPPT

805.375.1461 www.nppt.com

2804 Camino Dos Rios, Suite 202, Newbury Park CA 91320



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