



# Dan Henderson's Athletic Fitness Center Fitness Classes

*Hours: Monday - Friday 8am - 8:30pm, Saturday 8am - 2pm*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM		Intro to Weight Lifting (LE)		Intro to Weight Lifting (LE)		45 min Cardio Bag (TW)
9:00 AM					Functional Fitness (AY)	
9:15 AM	Cardio Bag (TW)		Cardio Bag (TW)		Cardio Bag (TW)	
9:30 AM	Strength & Conditioning (LE)	Strength & Conditioning (LE) Cardio Bike (JT)	Strength & Conditioning (LE)	Strength & Conditioning (LE) Cardio Bike (JT)	Strength & Conditioning (LE)	
10:00 AM	Yoga (SP)		Yoga (SP)		Yoga (SP)	
10:30 AM	<b>PRO PRACTICE RESERVED</b>					<b>Instructors:</b> AY - Ashley Yoder GP - Gustavo Pugliese JC - Jeff Creighton JT- Jenni Thompson LE - Leanne Ewald RR - Ritchie Rodarte SP- Shannon Patterson TW - Trevor Wells
4:00 PM	Cardio Bag (GP)		Cardio Bag (GP)			
4:30 PM	Strength & Conditioning (LE)	Strength & Conditioning (LE) Cardio Bag (AY)	Intro to Weight Lifting (LE)	Cardio Bag (AY)	Cardio Bag (GP)	
5:00 PM	Cardio Bag (GP) Functional Fitness (AY)		Cardio Bag (GP) Functional Fitness (AY)	Strength & Conditioning (LE)		
5:30 PM		Cardio Bag (AY) Yoga (SP)		Cardio Bag (AY) Yoga (SP)		
7:00 PM	Cardio Bag (JC)	Cardio Bag (RR)	Cardio Bag (JC)	Cardio Bag (JC)	Cardio Bag (JC)	
<b>Address:</b> 27901 Jefferson Ave Temecula, CA 92590 P: (951) 506-7776		<b>Kids Club Hours:</b> <b>Mon,Wed,Fri :</b> 8:30 AM - 12:30 PM / 3:30 PM - 8 PM / Fri 4 - 7PM <b>Tues, Thur :</b> 9:00 AM - 12:30 PM / 4 PM - 8 PM				