



JUNE

GROUP FITNESS SCHEDULE

VISION QUEST SPORT AND FITNESS 808 2nd Ave. Seattle, WA 98104

Updated 6/01/2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-7:00am		CYCLING <i>Katie M</i> <i>Cycling studio</i>		CYCLING <i>Katie M</i> <i>Cycling studio</i>		
11:10am-12:00pm	NRG BAR <i>Crystal</i> <i>Main Studio</i>	STEP & SCULPT <i>Scott 11:05 Start</i> <i>Main Studio</i>		STEP & SCULPT <i>Scott 11:05 Start</i> <i>Main Studio</i>	POWER HOUR <i>Stephanie</i> <i>Main Studio</i>	CYCLING <i>Tommy 9:30am</i> <i>Cycling Studio</i>
12:10-1:00pm	CYCLING <i>Morgan</i> <i>Cycling Studio</i>	CYCLING <i>Aina</i> <i>Cycling Studio</i>	CYCLING <i>Tommy</i> <i>Cycling Studio</i>	CYCLING <i>Aina</i> <i>Cycling Studio</i>	CYCLING <i>Morgan</i> <i>Cycling Studio</i>	
12:00-1:00pm	TRX <i>Wes</i> <i>*Fee Based*</i> <i>Main Studio</i>	CORE FITNESS <i>Aidan</i> <i>Main Studio</i>	TRX <i>Wes</i> <i>*Fee Based*</i> <i>Main Studio</i>	BOSU XPLOSION <i>Sara</i> <i>Main Studio</i>	TRX <i>Wes</i> <i>*Fee Based*</i> <i>Main Studio</i>	
1:10-2:10pm	PILATES <i>Michael D</i> <i>Main Studio</i>	YOGA <i>TBD</i> <i>Main Studio</i>	YOGA <i>Tracy</i> <i>Main Studio</i>	PILATES <i>Michael D</i> <i>Main Studio</i>	YOGA <i>Ga-Hsin</i> <i>Main Studio</i>	
5:10-6:00pm	KICKBOXING <i>Master Angel</i> <i>Main Studio</i>		KICKBOXING <i>Master Angel</i> <i>Main Studio</i>			
5:30-6:45pm		YOGA LEVEL 2 <i>Laura</i> <i>Main Studio</i>		YOGA LEVEL 2 <i>Laura</i> <i>Main Studio</i>		
6:00-7:00pm	TRX <i>Wes</i> <i>*Fee Based*</i> <i>Main Studio</i>		TRX <i>Wes</i> <i>*Fee Based*</i> <i>Main Studio</i>		TRX <i>Wes</i> <i>*Fee Based*</i> <i>Main Studio</i>	
5:30-6:30pm	CYCLING <i>Jessica</i> <i>Cycling Studio</i>	CYCLING <i>Keri</i> <i>Cycling Studio</i>		CYCLOCROSS <i>Tommy</i> <i>Cycling Studio</i>		
6:45-8:00pm	MMA Striking <i>Michael Murray</i> <i>*Fee Based*</i>		MMA Striking <i>Michael Murray</i> <i>*Fee Based*</i>			
7:30-9:00pm						

All classes are subject to change/cancellation. This schedule can also be found at www.visionquestsportandfitness.com
 Comments or questions, please contact the Executive Director of Fitness, Brad Eller at visionquestpt@gmail.com 206-224-9000

CLUB HOURS

MONDAY ~ THURSDAY

5:00AM ~ 10:00PM

FRIDAY

5:00AM ~ 8:00PM

SATURDAY ~ SUNDAY

8:00AM ~ 5:00PM