



Laguna Woods Village®

## Recreation and Special Events Weekly Class Schedule

INSTRUCTOR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Alisha Sullivan</b>	<b>Clubhouse 5</b>	<b>Clubhouse 5</b>	<b>Clubhouse 5</b>	<b>Clubhouse 5</b>	<b>Clubhouse 5</b>
Cycling	5 to 6 p.m.	10 - 11 a.m.	10 - 11 a.m.	7 - 8 a.m.	7 - 8 a.m.
		11:30 a.m. - 12:30 p.m.		8:30 - 9:30 a.m.	
<b>Janet Gillia.m.</b>		<b>Clubhouse 2 Patio</b>		<b>Clubhouse 2 Patio</b>	
Chair Fitness		9 to 10 a.m.		9 to 10 a.m.	
<b>Tracy Murray</b>	<b>Clubhouse 2 Patio</b>		<b>Clubhouse 2 Patio</b>		<b>Clubhouse 2 Patio</b>
Zumba Gold	9 to 10 a.m.		9 to 10 a.m.		9 to 10 a.m.
<b>Kristine DeYoung</b>		<b>Clubhouse 2 Patio</b>		<b>Clubhouse 2 Patio</b>	
Mat Yoga		1 - 2 p.m.		10:30 - 11:30 a.m.	
Chair Yoga		10:30 - 11:30 a.m.		1 - 2 p.m.	
<b>Patty Cruz</b>			<b>Clubhouse 2 Patio</b>		
Jazz Dance			10:30 - 11:30 a.m.		
<b>Jerry Bloch</b>			<b>Clubhouse 2 Patio</b>		
Mat Yoga			12 - 1 p.m.		