



UNITEDMEDICALFITNESS.COM 951-466-0004

GROUP EXERCISE WEEKLY SCHEDULE

MON

5:30-6:15 AM

BOOT CAMP

8:00-8:30 AM

SILVER SNEAKERS

9:30-10:00 AM

CIRCUIT TRAINING

12:15 - 12:45

GLUTE LAB

5:30 PM-6:00 PM

KICKBOXING

TUES

5:30-6:15 AM

HIIT + CIRCUIT

8:00-8:30 AM

SILVER SNEAKERS

9:30-10:00 AM

BOOT CAMP

5:30 PM-6:00 PM

HIIT

WED

5:30-6:15 AM

BOOT CAMP

8:00-8:30 AM

SILVER SNEAKERS

9:30-10:00 AM

CARDIO HIIT

12:15 - 12:45

AB LAB

5:30 PM-6:00 PM

SURPRISE WORKOUT

THUR

5:30-6:15 AM

HIIT + CIRCUIT

8:00-8:30 AM

SILVER SNEAKERS

9:30-10:00 AM

FUNCTIONAL MOBILITY

11:00 AM-12:00 PM

LINE DANCING

5:30 PM-6:00 PM

CORE CRUSHER

6:00 PM- 6:30 PM

STRETCH

FRI

5:30-6:15 AM

STRETCH + MOBILITY

8:00-8:30 AM

SILVER SNEAKERS

8:30-9:15 AM

WEIGHT CLUB

9:30-10:00 AM

STRETCH/REHAB

SAT

8:00-8:45 AM

IGNITE + ACTIVATE

SUN

9:30-10:15 AM

STRETCH

MON-THURS: 5AM-8PM

FRIDAY: 5AM-5PM

SATURDAY: 7AM-2PM

SUNDAY: 7AM-12PM