



BALLARD HEALTH CLUB

STUDIO X

M-F 5:30am-10pm, S & S 8am-8pm
 www.BallardHealthClub.com
 (206) 706-4882

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-7:00am Rise & Shine Boot Camp (Jana)	6:30-7:30am Rise & Shine Boot Camp (Karen)	6:00-7:00am MAX-Fit (Allison)	6:30-7:30am Rise & Shine Boot Camp (Karen)	6:30-7:30am Rise & Shine Boot Camp (Ivonne)	
	8:30-9:30am Rebel Yoga (Karen)	8:00-9:00am BodyPump™ (Leah) <i>Starts 9/11</i>	8:30-9:30am Rebel Yoga (Karen)		8:30-9:30am Rebel Yoga (Kirsten)	8:15-9:15am BodyPump™ (Allison)
9:30-10:30am BodyPump™ (Kuanny)	9:45-10:45am All Level Step (Jose)	9:30-10:30am Silver Plus (Ivonne) SC	9:45-10:45am Step & Tone (Jose)	9:30-10:30am Silver Plus (Ivonne) SC	9:45-10:45am All Level Step (Jose)	9:30-10:30am Afrobeats (Tricia)
11:00am-12:00pm Urban Latin Dance (Maria)		10:45-11:45am Step & Tone (Galen)		10:45-11:45am Step & Tone (Galen)		
	12:15-1:15pm Cardio-Mix (Aeron)		12:15-1:15pm Cardio-Mix (Aeron)		12:15-1:15pm Cardio-Mix (Aeron)	
	1:30-2:30pm Silver Sneakers (Ivonne) SC		1:30-2:30pm Silver Sneakers (Spencer) SC		1:30-2:30pm Silver Sneakers (Ivonne) SC	
5:00-6:00pm BodyPump™ (Aurora)	5:30-6:15pm Metabolic Conditioning (Roxy)	5:15-6:15pm BodyPump™ (Aurora)	5:30-6:15pm Metabolic Conditioning (Roxy)	5:15-6:15pm Fast Lean Fit (Lisa)		
	6:20-7:30pm BodyPump™ (Kuanny)	6:15-7:15pm Urban Latin Dance (Maria)	6:20-7:30pm BodyPump™ (Kuanny)	6:15-7:15pm Zumba® (Dan)	6:15-7:15pm Zumba (Dan)	
		7:30-8:30pm BodyPump™ (Roxy)		7:30-8:30pm BodyPump™ (Roxy)		Schedule Starts 11/1/2018

SC Silver Classes are included in all memberships—all other classes require a PLUS membership or pass - Thank You



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30-7:30am Open Yoga (Marianne)	6:15-7:15am Barre (Marianne)	6:30-7:30am Open Yoga (Heather)	6:15-7:15am Barre (Jessie)	6:30-7:30am Open Yoga (Marianne)	
8:15-9:30am Yoga Basics (Marianne)		7:55-8:55am Yoga Basics (Bayeshan) PLEASE USE CHASE PARKING		7:55-8:55am Yoga Basics (Lara) PLEASE USE CHASE PARKING		8:30-9:45am Flow Yoga (Nicole)
9:45-11:00am Yoga Basics II (Marianne)	9:30-10:30am Barre (Jaclyn)	9:15-10:30am Open Yoga (MJ)	9:30-10:30am Barre (Jaclyn)	9:15-10:30am Open Yoga (MJ)	9:30-10:30am Barre (Jaclyn)	
	11:00-12:00pm Flow Yoga (Karen)		11:00-12:00pm Flow Yoga (MJ)		11:00-12:00pm Flow Yoga (MJ)	10:00-10:50am Barre (Lisa)
		12:00-1:00pm Flow Yoga (Erin)		12:00-1:00pm Flow Yoga (Nicole)		11:00-12:00pm Power Yoga (Cobey)
		4:00-5:00pm Open Yoga (Sally)	4:00-5:00pm Pilates (Charlene)	4:00-5:00pm Open Yoga (David)		12:15-1:15pm Myofascial Release (Helen)
5:30-7:00pm Yoga Wind Down (Tracy)	5:30-6:30pm Barre (Helen)	5:30-6:45pm Flow Yoga (Kayleigh)	5:30-6:30pm Barre (Helen)	5:30-6:30pm Vinyasa Flow (Nicole)	5:30-6:30pm Barre (Helen)	
	6:45-7:45pm Yoga Basics (Erin)		6:45-7:45pm Yoga Basics (Tracy)		6:45-8:00pm Yoga Basics (Elliot)	
	8:00-9:00pm Flow Yoga (Erin)		8:00-9:00pm Yoga Tune Up (Tracy)			Schedule Starts 11/1/2018

BALLARD HEALTH CLUB



Ballard GRIT/Small Group Training

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30 - 7:30am W/ Quinn (GRIT)	6:00 - 7:00am W/ Quinn (GRIT)	6:30 - 7:30am W/ Spencer (GRIT)	6:00 - 7:00am W/ Aeron (GRIT)		
8:15 - 9:15pm W/ Chris (GRIT)	9:00 - 10:00am W/ Aeron (GRIT)		9:00 - 10:00am W/ Chassi (GRIT)	9:00 - 10:00am W/ Aeron (GRIT)		9:30 - 10:30am W/ Chassi (GRIT)
		12:00 - 1:00pm W/ Spencer (GRIT)		12:00 - 1:00pm W/ Spencer (GRIT)		
	6:30 - 7:30pm W/ Roxy (GRIT)	5:15 - 6:15pm W/ Lara (Small Group Training)	6:30 - 7:30pm W/ Roxy (GRIT)	5:15 - 6:15pm W/ Lara (Small Group Training)	6:30 - 7:30pm W/ Lara (Small Group Training)	
		6:45 - 7:45pm W/ Jake (GRIT)		6:45 - 7:45pm W/ Jake (GRIT)		
<i>Ballard GRIT/Small Group Training is not included in membership. Please see the Front Desk to enroll.</i>						

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