

FALL FITNESS CLASSES 2023

SLO CAMPUS

GENTLE YOGA - MON & WED 5:45-7PM

CARDIO PUMP - MON & FRI 9:30-10:30AM

CLASSICAL MAT PILATES - ALL LEVELS - MON & FRI 10:40-11:40AM

ONLINE

RESTORATIVE YOGA - TUE 11:00-12PM

GENTLE YOGA - TUE & THU 9:30-10:45AM

QIGONG FITNESS - WED 9:35-10:35AM

MORRO ELEMENTARY

GENTLE YOGA - MON & WED 10:00-11:15AM

RESTORATIVE AND YIN YOGA - WED 11:30-12:30PM

