



UNITEDMEDICALFITNESS.COM 951-466-0004

# GROUP EXERCISE WEEKLY SCHEDULE

MON

TUES

WED

THUR

FRI

SAT

**5:30-6:15 AM**

BOOT CAMP

**5:30-6:15 AM**

HIIT +  
CIRCUIT

**5:30-6:15 AM**

BOOT CAMP

**5:30-6:15 AM**

HIIT + CIRCUIT

**5:30-6:15 AM**

STRETCH + MOBILITY

**8:00-8:30 AM**

KICKBOXING

**8:00-8:30 AM**

SILVER  
SNEAKERS

**8:00-8:30 AM**

BALANCE +  
MOBILITY

**8:00-8:30 AM**

SILVER SNEAKERS

**8:00-8:30 AM**

BALANCE + MOBILITY

**8:00-8:30 AM**

SILVER SNEAKERS

**9:30-10:00 AM**

CIRCUIT  
TRAINING

**9:30-10:00 AM**

BOOT CAMP

**9:30-10:00 AM**

HIIT

**11:00 AM-12:00 PM**

LINE DANCING  
\$3 per class

**8:30-9:15 AM**

WEIGHT CLUB

**9:30-10:00 AM**

STRETCH/REHAB

SUN

**9:30-10:15 AM**

FULL-BODY STRETCH

**5:30 PM-6:00 PM**

BOOTY BURNER

**5:30 PM-6:00 PM**

HIIT

**5:30 PM-6:00 PM**

CRAZY CARDIO

**5:30 PM-6:00 PM**

CORE CRUSHER

MON-THURS: 5AM-8PM

FRIDAY: 5AM-5PM

SATURDAY: 7AM-2PM

SUNDAY: 7AM-12PM