



2017 Class Schedule

Quality Fitness Mukilteo

“For your quality of life”

8221 44th Ave. W, Suite E

Mukilteo, WA 98275 (425)347-5191

email: info@qualityfitnessmukilteo.com

****Sign up for class and check any last minute changes****

via our website:

www.QualityFitnessMukilteo.com

or on our FREE MOBILE APP [MindBody](#)

GYM HOURS: 6am-9pm M-Th, 7am-5pm Fri. & Sat. Updated 01/11/2017

Days of Week →	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sun.	
Room →	Multi-purpose	Gym	Multi-purpose	Gym	Multi-purpose	Gym	Multi-purpose	Gym	Multi-purpose	Gym	Multi-purpose	Gym	Multi-Purpose	
6:00		6:00 Circuit Cardio Dave	6:00 Reformer Pilates I/II Kay				6:00 Reformer Pilates I/II Kay		(Closed)	(Closed)	(Closed)	(Closed)	NO	
7:00	7:00 Sculpt & Stretch Marti				7:00 Sculpt & Stretch Kay				7:00 Sculpt & Stretch Kay				CLASS	
8:00		8:00 Spin Rene'				8:00 Spin Kay				8:00 Spin Kay	8:00 Zumba Rlynn	8:00 Peak Dayna	ON	
9:00	9:00 Reformer Pilates I/II Marti	9:00 Peak Dayna	9:00 Reformer Pilates I/II Kay	9:00 Peak Dave	9:00 Reformer Pilates I/II Dayna	9:00 Peak Kay	9:00 Reformer Pilates I/II Kay	9:00 Peak Dayna	9:00 Reformer Pilates I/II Kay	9:00 Peak Dave	9:15am Flow Yoga Dayna		SUN-	
10:00	10:15 Gentle Yoga Dayna					10:15 Gentle Reformer Pilates Kay			10:15 Gentle Reformer Pilates Kay					DAYS
11:00						11:15 Gentle Fitness Kay							10:30 DEF-CON 1.5 Dave	
3:00	3:00 Reformer Pilates I/II Dayna												ENJOY	
4:00	4:00 Reformer Pilates I/II Dayna					4:30 Reformer Pilates I/II Dayna							YOUR	
5:00				5:00 Circuit Strength Dave			5:00pm Reformer Pilates I/II Dayna	5:00 Circuit Strength Dave	(Closed)	(Closed)	(Closed)	(Closed)	REST	
6:00	5:30 Power Yoga Dayna	6:00 Circuit Cardio Dave		6:00 Spin Rene'	6:00 Flow Yoga Gentle to InterMed. Dayna	6:00 Circuit Cardio Dave		6:00 Spin Rene'	(Closed)	(Closed)	(Closed)	(Closed)	DAY!	
7:00	7:00 Gentle Yoga Dayna	7:00 TRX Dave	7:00 Zumba EJ	7:00 TRX Dave		7:00 TRX Dave	7:00 Zumba EJ	7:00 TRX Dave	(Closed)	(Closed)	(Closed)	(Closed)		