



2016 Class Schedule

Quality Fitness Mukilteo

“For your quality of life”

8221 44th Ave. W. Suite E

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

via our website:

www.QualityFitnessMukilteo.com

or on our mobile app [MindBody](#)

(*Instructor Approval Required)

Schedule Updated 04/01/2016

Spring Summer 2016	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sun.
	Multi-purpose	Gym	Multi-purpose	Gym	Multi-purpose	Gym	Multi-purpose	Gym	Multi-purpose	Gym	Multi-purpose	Gym	
6:00		6:00 Circuit Cardio Dave	6:00 Reformer Pilates I/II Kay				6:00 Reformer Pilates I/II Kay						
7:00					7:00 Sculpt & Stretch Lori		7:00 Vinyasa Yoga Lori		7:00 Sculpt & Stretch Kay				BY
8:00		8:00 Spin Kay				8:00 Spin Kay				8:00 Spin Kay	8:00 Zumba Gold Rlynn	8:00 Peak Dayna	APPT.
9:00	9:00 Reformer Pilates I/II Kay	9:00 Peak Dayna	9:00 Reformer Pilates I/II Kay		9:00 Reformer Pilates I/II Kay	9:00 Peak Dave	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	ONLY
10:00	10:15 Gentle Yoga Dayna				10:00 Gentle Reformer Pilates Kay				10:00 Intro Pilates Kay			10:30 DEF-CON 1.5 Dave*	
2:00													
3:00	3:00 Reformer Pilates I/II Dayna	2:30 "TeenFit" Dave				2:30 "TeenFit" Dave				2:30 "TeenFit" Dave			
4:00	4:00 Reformer Pilates I/II Dayna				4:00 Pilates Posture Dayna		4:00 Pilates Gym III/IV Dave*						
5:00				5:00 Circuit Strength Dave			5:00pm Reformer Pilates I/II Dayna	5:00 Circuit Strength Dave					
6:00	5:30 Flow Yoga Gentle to InterMed. Dayna	6:00 Circuit Cardio Dave	6:00 Zumba Yu-Chin	6:00 Spin Rene'	6:00 Flow Yoga Gentle to InterMed. Dayna	6:00 Circuit Cardio Dave	6:00 Zumba Yu-Chin	6:00 Spin Rene'					
7:00	7:00 Gentle Yoga Dayna	7:00 TRX Dave		7:00 TRX Dave		7:00 TRX Dave	7:00 Zumba EJ	7:00 TRX Dave					