

NVigor8 May 2008 Outdoor Classes Schedule

ALL CLASSES ARE FREE DURING MAY!

Please email to confirm space: coach@nviqor8.net

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>7:00-8:00 am Palisades Park Ocean & Palisades Yoga Outside the Box Brandi</p> <p>11:00- 12:00 noon Palisades Park Ocean & Palisades Yoga Outside the Box Brandi</p> <p>3:00-4:00 pm Palisades Park Palisades & Ocean Trainer Trio Dean, Chris, Brandi</p>	<p>7:00-8:00 am Palisades Park Ocean & Palisades CRX FIT Chris</p> <p>5:00-5:45 pm Muscle Beach Santa Monica CRX FIT Chris</p>	<p>7:00-8:00 am Palisades Park Ocean & Palisades Yoga Outside the Box Brandi</p> <p>11:00-11:30 am "The Stairs" Adelaide Ave Cardio/Endurance Dean & Chris</p> <p>3:00-4:00 pm Palisades Park Palisades & Ocean Trainer Trio Dean, Chris, Brandi</p> <p>4:00-5:00 pm Palisades Park Ocean & Palisades CORE Dean</p> <p>6:00-7:30 pm YogaWorks/ Montana Sara Ivanhoe Vinyasa 2/3 (\$16 fee to attend)</p>	<p>(Starts May 8th) 7:00-8:00 am Palisades Park Ocean & Palisades CRX FIT Chris</p> <p>11:00- 12:00 noon Palisades Park Ocean & Palisades Yoga Outside the Box Brandi</p> <p>(Starts May 8th) 5:00-5:45 pm Muscle Beach Santa Monica CRX FIT Chris</p> <p>6:00- 7:00 pm Palisades Park Ocean & Palisades Sunset Yoga Brandi</p>	<p>11:00-11:30 am "The Stairs" Adelaide Ave Cardio/Endurance Chris</p> <p>3:00-4:00 pm Palisades Park Palisades & Ocean Trainer Trio Dean, Chris, Brandi</p> <p>6:00-7:00 pm Palisades Park Ocean & Palisades Core- EX Program Chris & Dean</p>	<p>7:00-8:00 am Palisades Park Ocean & Palisades Core-Ex Program Dean</p> <p>9:00- 10:00 am Palisades Park Ocean & Palisades Yoga Outside the Box Brandi</p> <p>1:00- 2:30 pm Temescal Canyon Group Hike/ Trail run Endurance/ Cardio Dean & Chris</p>

Color-Key Codes

Cardiovascular

Endurance

Strength

Yoga

Cross Training