

Fitness Quest 10 South Class Schedule

Monday	5:00 AM - 6:00 AM	Total Body Fitness
	5:30 AM - 6:30 AM	Total Body Fitness*
	6:00 AM - 6:30 AM	HIIT Strength
	12:00 PM - 1:00 PM	Total Body Fitness
	6:00 PM - 7:00 PM	Total Body Fitness
	7:00 PM - 8:00 PM	Restorative Yoga*
Tuesday	5:00 AM - 6:00 AM	Total Body Fitness
	6:00 AM - 6:30 AM	HIIT Strength
	9:30 AM - 10:30 AM	Total Body Fitness
	1:00 PM - 2:00 PM	Stretch & Balance*
	5:00 PM - 6:00 PM	Pilates Mat*
	6:00 PM - 7:00 PM	Total Body Fitness
Wednesday	5:00 AM - 6:00 AM	Total Body Fitness
	5:30 AM - 6:30 AM	Total Body Fitness*
	6:00 AM - 6:30 AM	HIIT Strength
	12:00 PM - 1:00 PM	Total Body Fitness
	6:00 PM - 7:00 PM	Total Body Fitness
Thursday	5:00 AM - 6:00 AM	Total Body Fitness
	6:00 AM - 6:30 AM	HIIT Strength
	9:30 AM - 10:30 AM	Total Body Fitness
	5:00 PM - 6:00 PM	Pilates Mat*
	6:00 PM - 7:00 PM	Total Body Fitness
	7:00 PM - 8:00 PM	Yoga Flow For Recovery*
Friday	5:00 AM - 6:00 AM	Total Body Fitness
	5:30 AM - 6:30 AM	Total Body Fitness*
	6:00 AM - 6:30 AM	HIIT Strength
	7:30 AM - 8:30 AM	Total Body Fitness
	9:00 AM - 10:00 AM	Restorative Yoga*
Saturday	8:00 AM - 9:00 AM	Ultimate Play
	8:00 AM - 9:00 AM	Total Body Fitness
	9:00 AM - 10:00 AM	Total Body Fitness

Fitness Quest 10
South Hours

Mon - Thurs :5:00AM-8:00PM
Fri: 5:00AM-5:00PM

Sat: 7:00AM-2:00PM
Sun: 8:00AM-1:00PM

** Class is Upstairs in The Roots*
(858) 271-1171 9972 Scripps Ranch Blvd.