

# Fitness Quest 10 South Class Schedule

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

**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.*