



l o n g e v i t y fitness studio

1026 Oak Street, #102, Clayton CA 94517 • 925.672.2995
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Class Schedule 2016-4
Aug 22, 2016 – Oct 15, 2016

Monday	Tuesday	Wednesday	Thursday	Friday
TRX Boxing/Circuit Trainer: Ilima 4:30 – 5:20 pm		TRX Boxing/Circuit Trainer: Ilima 4:30 – 5:20 pm		Closed Mon 9/5/16 Labor Day
	Pilates Mat Trainer: Ilima 6:00 – 6:50 pm		Pilates Mat Trainer: Ilima 6:00 – 6:50 pm	<i>All classes are subject to minimum/maximum enrollments.</i>
TRX Endurance Trainer: Ilima 6:30 – 7:20 pm	TRX Circuit Trainer: Ilima 7:00 – 7:50 pm	TRX Endurance Trainer: Ilima 6:30 – 7:20 pm	TRX Circuit Trainer: Ilima 7:00 – 7:50 pm	