

Be Fit. Be Well. Milpitas Sports Center

## Outdoor Fitness Class Schedule

1325 E. Calaveras Blvd. | (408) 586-3225 | [www.ci.milpitas.ca.gov](http://www.ci.milpitas.ca.gov)

### Monday

17103	9:15am-10:00am	Fit for Life	Malia
17104	10:45am-11:30am	U-Jam Fitness	Nancy
17105	6:15pm-7:00pm	Sweat & Sculpt	Aira

### Wednesday

17106	8:45am-9:30 am	Fit for Life	Aira
17107	7:15pm-8:00pm	Hot Hula	Sheila

### Friday

17108	9:15am-10:00am	Fit for Life	Malia
17109	10:15am-11:00am	Mid-Morning Yoga	Jean
17110	6:15pm-7:00pm	U-Jam	Yuki

### Tuesday

17111	12:15pm-1:00pm	Total Body Conditioning	Maria
17112	6:15pm-7:00pm	U-Jam Fitness	Yuki

### Thursday

17113	9:45am-10:30am	Total Body Conditioning	Maria
17114	10:45am-11:30am	Zumba Gold	Divina
17115	5:15pm-6:00pm	All Levels Yoga	Jean
17116	6:15pm-7:00pm	Zumba	Mafe

### Saturday

17117	8:15am-9:00am	Sweat & Sculpt	Aira
17118	10:15am-11:00am	Hatha Dynamic Yoga	Asha