

GROUP TRAINING SCHEDULE

DAYS/TIMES

GPT CLASSES

CONTACT INFO

Mondays

9:00AM - 9:30AM

GLUTE & CORE SCULPT

ROSE: 707.787.7067

Tuesdays

7:00AM-7:45AM

EARLY BIRD WORKOUT

BRIA: 415.408.1905

10:00AM-10:45AM

TOTAL STRENGTH

TRISTA: 707.291.9287

11:00AM-11:30AM

PRIVATE GROUP

CHAQ: 707.303.6739

Wednesdays

10:00AM-10:30AM

GLUTE & CORE SCULPT

ROSE: 707.787.7067

11:00AM-11:45AM

FOCUSED STRENGTH

ROSE: 707.787.7067

Thursdays

7:00AM-7:45AM

EARLY BIRD WORKOUT

BRIA: 415.408.1905

10:30AM-11:30AM

PRIVATE GROUP

CATHERINE: 707.291.5148

GROUP PERSONAL TRAINING RATES APPLY