

GROUP TRAINING SCHEDULE 2026

DAYS/TIMES

GPT CLASSES

DATES

LOCATION

CONTACT INFO

Mondays

8:45AM-9:45AM	LIFT HEAVIER 1: WOMEN	9/14 - 12/18	WEIGHT ROOM	TRISTA: 707.291.9287
10:00AM-11:00AM	TOTAL STRENGTH	ONGOING	GPT STUDIO	TRISTA: 707.291.9287
11:00AM-12:00PM	LIFT HEAVIER 3: WOMEN	9/14-12/18	WEIGHT ROOM	TRISTA: 707.291.9287
11:15AM-12:00PM	POSTERIOR FOUNDATION	ONGOING	GPT STUDIO	RENEE: 707.490.8097

Tuesdays

8:30AM-9:30AM	LIFT HEAVIER 4: WOMEN	9/2-11/20	WEIGHT ROOM	PAULA: 707.800.5317
9:00AM-10:00AM	TOTAL STRENGTH	ONGOING	GPT STUDIO	TRISTA: 707.291.9287
11:00AM-12:00PM	LIFT HEAVY + HIIT	ONGOING	GPT STUDIO	TRISTA: 707.291.9287
12:00PM-1:00PM	LIFT HEAVIER 3: WOMEN	9/2-11/20	WEIGHT ROOM	PAULA: 707.800.5317
1:30PM-2:30PM	LIFT HEAVIER 1: WOMEN	9/2-11/20	WEIGHT ROOM	PAULA: 707.800.5317

Wednesdays

8:45AM-9:45AM	LIFT HEAVIER 1: WOMEN	9/14 - 12/18	WEIGHT ROOM	TRISTA: 707.291.9287
10:00AM-11:00AM	LIFT HEAVY + HIIT	ONGOING	GPT STUDIO	TRISTA: 707.291.9287
11:00AM-12:00PM	LIFT HEAVIER 3: WOMEN	9/14-12/18	WEIGHT ROOM	TRISTA: 707.291.9287
12:00PM-1:00PM	LIFT HEAVIER 1: WOMEN	9/2-11/20	WEIGHT ROOM	PAULA: 707.800.5317

Thursdays

8:30AM-9:30AM	LIFT HEAVIER 4: WOMEN	9/2-11/20	WEIGHT ROOM	PAULA: 707.800.5317
9:15AM-9:45AM	DEEP CORE EXPRESS	ONGOING	GPT STUDIO	RENEE: 707.490.8097
10:00PM-10:45PM	POSTERIOR FOUNDATION	ONGOING	GPT STUDIO	RENEE: 707.490.8097
12:00PM-1:00PM	LIFT HEAVIER 3: WOMEN	9/2-11/20	WEIGHT ROOM	PAULA: 707.800.5317
1:30PM-2:30PM	LIFT HEAVIER 1: WOMEN	9/2-11/20	WEIGHT ROOM	PAULA: 707.800.5317

Fridays

10:00AM-10:45AM	TOTAL STRENGTH	ONGOING	GPT STUDIO	TRISTA: 707.291.9287
11:00AM-12:00PM	GYROKENISIS METHOD	9/25-11/13	STUDIO 4	JANETMARIECOLLARD@GMAIL.COM
12:00PM-1:00PM	LIFT HEAVIER 1: WOMEN	9/2-11/20	WEIGHT ROOM	PAULA: 707.800.5317

GROUP PERSONAL TRAINING RATES APPLY