



# 2018 Class Schedule

## Quality Fitness Mukilteo

“For your quality of life”

4201 Russell Road,

Mukilteo, WA 98275 (425) 347-5191

[info@qualityfitnessmukilteo.com](mailto:info@qualityfitnessmukilteo.com)

**\*\*Sign up for class and check any last minute changes\*\***

via our website:

[www.QualityFitnessMukilteo.com](http://www.QualityFitnessMukilteo.com)

or on our FREE MOBILE APP [MindBody](#)

**GYM HOURS: 5am-9pm M-Th, 7am-5pm Fri. & Sat.**

Days of Week →	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sun.	
	Studio	Group Class Gym	Studio	Group Class Gym	Studio	Group Class Gym	Studio	Group Class Gym	Studio	Group Class Gym	Studio	Group Class Gym		
5:00am		5:00 Circuit Cardio Dave		5:00 TRX Laurie		5:00 Circuit Cardio Laurie		5:00 PiYo Laurie	(Closed)	(Closed)	(Closed)	(Closed)		
6:00				6:00 PiYo Laurie				6:00 TRX Laurie	(Closed)	(Closed)	(Closed)	(Closed)		
7:00	7:00 Trim n' Tone Tia				7:00 Trim n' Tone Tia					7:00 Trim n' Tone Tia			NO	
8:00	8:00 Spin Dave				8:00 Spin Dave					8:00 Spin Dave		8:00 Advanced Peak Dave	CLASS	
9:00	9:00 Reformer Pilates I/II Dayna	9:00 Peak Dave	9:00 Reformer Pilates I/II Dayna	9:00 Advanced Peak Dave	9:00 Reformer Pilates I/II Dayna	9:00 Peak Dave	9:00 Reformer Pilates I/II Dayna	9:00 Advanced Peak Dave	9:00 Reformer Pilates I/II Dayna	9:00 Peak Dave			ON	
10:00													SUN- 10:30 DEF-CON 1.5 Dave	
	10:15 Gentle Yoga Dayna				10:15 Gentle Reformer Pilates Dayna					10:15 Gentle Reformer Pilates Dayna				DAYS
11:00														
12:00												12:30- 2pm Kid-FIT Dave		
4:00	4:00 Reformer Pilates I/II Dayna				4:00 Reformer Pilates I/II Dayna								ENJOY	
5:00	5:00pm Reformer Pilates II & Abs Dayna			5:00 Circuit Strength Dave	5:00pm Reformer Pilates II & Abs Dayna			5:00pm Reformer Pilates II & Abs Dayna	5:00 Circuit Strength Dave	(Closed)	(Closed)	(Closed)	(Closed)	YOUR
6:00	6:00pm Basic Flow Yoga Dayna	6:00 Circuit Cardio Dave	6:00 Spin Rene'		6:00pm Basic Flow Yoga Dayna	6:00 Circuit Cardio Dave		6:00 Spin Rene'		(Closed)	(Closed)	(Closed)	(Closed)	REST
7:00		7:00 TRX Dave	7:00 Zumba EJ	7:00 TRX Dave		7:00 TRX Dave	7:00 Zumba EJ	7:00 TRX Dave		(Closed)	(Closed)	(Closed)	(Closed)	DAY!

**Child-Care currently available Mondays – Thursdays, from 4:00-7:00pm, see website for rates.**