SKECHERS Tour de Pier™

Instructor Class Schedule

Weekly classes by day & by instructor

BY DAY OF THE WEEK

Monday

- **7:30 AM** Cycle — MICHAEL
- **7:30 AM** Cycle — BOBBY
- **9:00 AM** Cycle — MARY
- **9:15 AM** Cycle — ANGELA
- **10:00 AM** 30/30 — MARY
- **12:30 PM** Aqua Fit — ANGELA
- **4:15 PM** Cycle — PK
- **5:30 PM** Cycle — PK

Tuesday

- **7:30 AM** Cycle — MICHAEL
- **8:00 AM** Bike & Battle — ANGELA
- **5:30 PM** Cycle — PK
- **6:30 PM** Ignite — PK

Wednesday

- **7:30 AM** Cycle — MICHAEL
- **9:00 AM** Cycle — PK
- **9:00 AM** Cycle — CHRISSY
- **4:15 PM** Cycle — MICHAEL

Thursday

- **7:30 AM** Cycle — MICHAEL
- **5:30 PM** Cycle — PK

Friday

- **9:00 AM** Cycle — PK
- **9:00 AM** Cycle — MARY
- **10:00 AM** Ignite — PK
- **10:00 AM** Strength Training Lab — MARY

Saturday

- **9:15 AM** Ignite — ANGELA
- **10:30 AM** Ignite — ANGELA

Sunday

- **7:45 AM** Cycle — MICHAEL
- **7:45 AM** Cycle — BOBBY
- **9:00 AM** Cycle — ANGELA
- **10:15 AM** Cycle — PK

● Bay Club El Segundo ● Bay Club Redondo Beach ● Pivot ● Cathedral Oaks Athletic Club

BY INSTRUCTOR

PK — 9 CLASSES

Mon	4:15 PM	Cycle	El Segundo
Mon	5:30 PM	Cycle	El Segundo
Tue	5:30 PM	Cycle	El Segundo
Tue	6:30 PM	Ignite	El Segundo
Wed	9:00 AM	Cycle	El Segundo
Thu	5:30 PM	Cycle	El Segundo
Fri	9:00 AM	Cycle	El Segundo
Fri	10:00 AM	Ignite	El Segundo
Sun	10:15 AM	Cycle	El Segundo

Michael — 6 CLASSES

Mon	7:30 AM	Cycle	Redondo Beach
Tue	7:30 AM	Cycle	Redondo Beach
Wed	7:30 AM	Cycle	Redondo Beach
Wed	4:15 PM	Cycle	El Segundo
Thu	7:30 AM	Cycle	Redondo Beach
Sun	7:45 AM	Cycle	El Segundo

Angela — 6 CLASSES

Mon	9:15 AM	Cycle	El Segundo
Mon	12:30 PM	Aqua Fit · pool workout	Redondo Beach
Tue	8:00 AM	Bike & Battle · 25 min cycle / 25 min weights	El Segundo
Sat	9:15 AM	Ignite	El Segundo
Sat	10:30 AM	Ignite	El Segundo
Sun	9:00 AM	Cycle	El Segundo

Mary — 4 CLASSES

Mon	9:00 AM	Cycle	Pivot
Mon	10:00 AM	30/30 · half spin, half strength	Pivot
Fri	9:00 AM	Cycle	Pivot
Fri	10:00 AM	Strength Training Lab	Pivot

Chrissy — 1 CLASS

Wed	9:00 AM	Cycle	Cathedral Oaks Athletic Club

Bobby — 2 CLASSES

Mon	7:30 AM	Cycle	Redondo Beach
Sun	7:45 AM	Cycle	El Segundo