

# S V F Training Schedule

Large Group Training Sessions listed in color

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	FOUNDATIONS	training appt available	Metablast	training appt available	training appt available	training appt available	Closed
7:00 AM	training appt available	METABLAST	training appt available	Foundations	training appt available	training appt available	
8:00 AM	FOUNDATIONS	training appt available	training appt available	training appt available	Foundations	Metablast	
9:00 AM	training appt available	training appt available	Foundations	training appt available	training appt available	Foundablast	
10:00 AM	training appt available	FOUNDATIONS	training appt available	Metablast	training appt available	Foundations	
11:00 AM	ESSENTIALS	training appt available	Essentials	Qigong	Essentials	training appt available	
12:00 PM	training appt available	Core and Stretch	training appt available	training appt available			
1:00 PM	training appt available	training appt available	training appt available	training appt available			
2:00 PM	training appt available	training appt available	training appt available	training appt available			
3:00 PM	training appt available	training appt available	training appt available	training appt available			
4:00 PM	training appt available	training appt available	training appt available	training appt available			
5:00 PM	METABLAST	training appt available	Foundations	training appt available			
6:00 PM	training appt available	Foundations	training appt available	Metablast			
7:00 PM							
<b>CONTACT US</b>					<b>HOURS</b>		
<a href="http://SeascapeVillageFitness.com">SeascapeVillageFitness.com</a>					Monday thru Thursday 6 am to 7 pm		
831-708-2323					Friday 6 am to Noon		
16 A Seascape Village, Aptos, CA 95003					Saturday 7 am to Noon		