

Diablo Rock Gym



December

MON	TUE	WED	THUR	FRI	SAT	SUN
Intro to Climbing! <i>FREE to Members, \$30 for non-members</i> MWF 4:30, 6, 7:30pm NEW! T&Th 5 & 6:30pm Sat/Sun 11:30am, 1, 3pm Intro to Climbing PLUS NEW! T&Th 6:30pm	1 Yoga: 7:00am&9:00am Aikido: 12:00 Core: 12:15 Team Touchstone: 4pm Crossfit: 5, 6 & 7pm TRX: 5:30pm Beta with Mike: 6:00pm Yoga W Tina: 6:30pm T4C: 8:00pm Self Defense:8:45pm	2 Crossfit: 6:30am TRX: 9:00 am Yoga: 12:00pm Crossfit: 12:00pm Crossfit: 5,6 & 7 pm TRX: 6:00pm YogaBlend: 6:45pm Cycling: 6:30pm Swing Dancing: 8pm	3 Yoga: 7:00&9:00am Aikido: 12:00 Mike Fit: 12:15 Team Touchstone: 4pm Power Sculpt: 5:15pm Crossfit: 5,6 & 7 pm Cycling: 6:30pm TRX: 6:30 pm Foam Roll/stretch: 7:30pm	4 Crossfit: 6:30am Yoga: 12:00pm Crossfit: 5:00pm Aikido: 6 to 8 pm Yoga: 6:30pm	5 <u>Core & More: 9am</u> Crossfit: 10:00am Aikido: 10:00am Kids Belay: 11:30am-3:30pm Parents Belay: 11:30am&1pm (\$35) Crossfit: 3-5pm Sundaze RestorativeYoga: 4:30pm	6 Yoga: 9:15am Kids Belay: 11:30am-3:30pm Parents Belay: 11:30am&1pm (\$35) Crossfit: 3-5pm Sundaze RestorativeYoga: 4:30pm
7 Crossfit: 6:30am Yoga: 12:00pm Power Sculpt:5:00pm Crossfit: 5,6 & 7 pm TRX: 6:00pm Cycling: 6:30pm Handstand with Fortune: 7:30pm Cardio Boxing: 8pm	8 Yoga: 7:00am&9:00am Aikido: 12:00 Core: 12:15 Team Touchstone: 4pm Crossfit: 5, 6 & 7pm TRX: 5:30pm Beta with Mike: 6:00pm Yoga W Tina: 6:30pm T4C: 8:00pm Self Defense:8:45pm	9 Crossfit: 6:30am TRX: 9:00 am Yoga: 12:00pm Crossfit: 12:00pm Crossfit: 5,6 & 7 pm TRX: 6:00pm YogaBlend: 6:45pm Cycling: 6:30pm Swing Dancing: 8pm	10 Yoga: 7:00&9:00am Aikido: 12:00 Mike Fit: 12:15 Team Touchstone: 4pm Power Sculpt: 5:15pm Crossfit: 5,6 & 7 pm Cycling: 6:30pm TRX: 6:30 pm Foam Roll/stretch: 7:30pm	11 Crossfit: 6:30am Yoga: 12:00pm Crossfit: 5:00pm Aikido: 6 to 8 pm Yoga: 6:30pm	12Core & More: 9am Crossfit: 10:00am Oly Lifting: 11:00am Aikido: 10:00am Kids Belay: 11:30am-3:30pm Parents Belay: 11:30am&1pm (\$35) Lead 1: 4pm	13 Yoga: 9:15am Kids Belay: 11:30am-3:30pm Parents Belay: 11:30am&1pm (\$35) Crossfit: 3-5pm Sundaze RestorativeYoga: 4:30pm Lead 2: 4pm
14 Crossfit: 6:30am Yoga: 12:00pm Power Sculpt:5:00pm Crossfit: 5,6 & 7 pm TRX: 6:00pm Cycling: 6:30pm YogaBlend: 6:45pm Handstand with Fortune: 7:30pm Cardio Boxing: 8pm *Trad Climbing 7pm	15 Yoga: 7am&9am Aikido: 12:00 Core: 12:15 Team Touchstone: 4pm Crossfit: 5, 6 & 7pm TRX: 5:30pm Beta with Mike: 6:00pm Yoga W Tina:6:30pm T4C: 8:00pm Self Defense: 8:45pm *Outdoor Education*	16 Crossfit: 6:30am TRX: 9:00 am Yoga: 12:00pm Crossfit: 12:00pm Crossfit: 5,6 & 7 pm TRX: 6:00pm YogaBlend: 6:45pm Cycling: 6:30pm Swing Dancing: 8pm *Basic Bouldering*7pm	17 Yoga: 7:00&9:00am Aikido: 12:00 Mike Fit: 12:15 Team Touchstone: 4pm Power Sculpt: 5:15pm Crossfit: 5,6 & 7 pm Cycling: 6:30pm TRX: 6:30 pm Foam Roll/stretch7:30pm *Trad Anchors 7pm OutdoorEducation7pm	18 Crossfit: 6:30am Yoga: 12:00pm Crossfit: 5:00pm Aikido: 6 to 8 pm DISCOUNT NIGHT FREE GUEST NIGHT	19 <u>Core & More: 9am</u> Crossfit: 10:00am Oly Lifting: 11:00am Aikido: 10:00am Kids Belay: 11:30am-3:30pm Parents Belay: 11:30am&1pm (\$35)	20 Yoga: 9:15am Kids Belay: 11:30am-3:30pm Parents Belay: 11:30am&1pm (\$35) Crossfit: 3-5pm Sundaze RestorativeYoga: 4:30pm MEMBER Holiday Party!
21 Crossfit: 6:30am Yoga: 12:00pm Power Sculpt:5:00pm Crossfit: 5,6 & 7 pm TRX: 6:00pm Cycling: 6:30pm YogaBlend: 6:45pm Handstand with Fortune: 7:30pm Cardio Boxing: 8pm	22 Yoga: 7:00 & 9am Aikido: 12:00 Core: 12:15 Team Touchstone: 4pm Crossfit: 5, 6, & 7pm TRX: 5:30pm Beta with Mike: 6:00pm Yoga W Tina:6:30pm T4C: 8:00pm Self Defense: 8:45pm	23 Crossfit: 6:30am TRX: 9:00 am Yoga: 12:00pm Crossfit: 12:00pm Crossfit: 5,6 & 7 pm TRX: 6:00pm YogaBlend: 6:45pm Cycling: 6:30pm	24 XMAS EVE Closed at 6pm Crossfit: 6:30am TRX: 9:00 am Aikido: 12:00 Crossfit: 12:00pm Crossfit: 5PM	25 XMAS CLOSED ALL DAY	26 Core & More: 9am Crossfit: 10:00am Oly Lifting: 11:00am Aikido: 10:00am Kids Belay: 11:30am-3:30pm Parents Belay: 11:30am&1pm (\$35)	27 Yoga: 9:15am Kids Belay: 11:30am-3:30pm Parents Belay: 11:30am&1pm (\$35) Crossfit: 3-5pm Sundaze RestorativeYoga: 4:30pm
28 Crossfit: 6:30am Yoga: 12:00pm Power Sculpt:5:00pm Crossfit: 5,6 & 7 pm TRX: 6:00pm Cycling: 6:30pm YogaBlend: 6:45pm Handstand with Fortune: 7:30pm Cardio Boxing: 8pm	29 Yoga: 7:00 & 9am Aikido: 12:00 Core: 12:15 Team Touchstone: 4pm Crossfit: 5, 6, & 7pm TRX: 5:30pm Beta with Mike: 6:00pm Yoga W Tina:6:30pm T4C: 8:00pm Self Defense: 8:45pm	30 Crossfit: 6:30am TRX: 9:00 am Yoga: 12:00pm Crossfit: 12:00pm Crossfit: 5,6 & 7 pm TRX: 6:00pm YogaBlend: 6:45pm Cycling: 6:30pm	31 NYs EVE Closed at 6pm Crossfit: 6:30am TRX: 9:00 am Aikido: 12:00 Crossfit: 12:00pm Crossfit: 5PM	2015 Challenge Leader List! 133 Leo Ronquillo 131 Hans Florine 125 Carl Gustafson 112 Lia Genovese 110 Dennis Hsu 110 Chris Coehlo 106 David Beter 105 Elise Newman	2015 Challenge Leader List! 105 Brian Richards 105 Thom Darr 103 Joel Williams 102 Rene Perrier 101 Lar Barham 100 Valyrie Gillum 100 Kris Brophy 90 Amanda Benbow	December beyond NEW! Akido Diablo has moved into our gym! Classes are T&Th noon, Fri 6pm, Sat 10 to noon. Clinics: Lead 12th&13th, Trad 14th, Bouldering 16th, Anchors 17th, Outdoor Education 17th U.F.E. January 16th

COCO CROSSFIT
 5pm & 7pm M-F Group class(no 7pm on F)
 Noon WEDS Group Class
 6:30am MWF Group Class(not Thursday)
 10am Sat & 3pm Sun Group Class
 3pm Sundaze Class **CoCo team:**Doron/Rosy/Anthony/Alex/Evan/Brynn Shaul/Cris/Henry/Jay

 ON RAMP Classes - contact Cris Ochoa, See website, or ask at front desk.

INDOOR CYCLING
 M 6:30-7:30pm - Ruben
 W&TH 6:30 - Doris

YOGA
 M/W/F 12-1:00pm - Kate (Mixed level)
 T/Th 9:00-10:30am - Kate
 T/Th 7:00-8:15am (Flow) Sun 9:15 (Inter) - Tina
 Tues 6:30pm - Tina
 MW 6:45pm - Melissa (Yogablen) 4:30-5:30pm (Restorative) - Kate

CARDIO BOXING
 Mon 8:00-9:00pm - Harmony/Eric

CORE/T4C/TECHNIQUE/POWER SCULPT
 Tues 8pm - Mike H.
 T/TH 12:15pm - Mike R.
 M 5pm - Doris
 Sat 9am - Ruben
 Thurs 7:30pm - Stanley

TRX
 Weds 6pm - Christi
 Thurs 6:30 pm (Ripstick +TRX)- Stan
 T 5:30 pm - Mike
 M 6:00 pm / W 9:00am - Julie

PERSONAL TRAINERS
 Ruben Vaughn, Cris Ochoa, Julie Spiker, Kate Douglas, Mike Herschberger
 Doris Via, Mike Rogers, Doron Serban, Shaul Serban, Christi Brown, Melissa Mahan, Stanley Forsyth, Rosy Audette