Fitness Unlimited

M-TH 5am-10pm Fri: 5am-9PM Sat: 7am-6pm Sun:7:30am -5pm **(818)368-8140**

May 2016 **Group Fitness Classes – 2016 Ready.Set.Go**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		8:15a.m. Yoga NatalieNalbandian		8:15a.m. Yoga Natalie Nalbandian	8:30 a.m. HIIT NatalieNalbandian	
9:15a.m. **Low Impact** Aerobics Yo Abella	9:15a.m. ZUMBA toning Rob Vinson	9:30 a.m. Low Impact Sue Press	9:15a.m. **Low Impact** Dawna	9:15a.m. ZUMBA fitness Veronica	9:15a.m. ZUMBA fitness *Estela*	9:00a.m. ZUMBA fitness Koral Cuha
5:30p.m. Muscle Conditioning Rob Vinson	5:30p.m. **Body Burn Out** Nico	5:30p.m. 90sStep Al Perez	5:30p.m. **Body Burn Out** Nico	5:30 p.m. ZUMBA toning Rob Vinson	10:30a.m. *Kids Dance With Koral (Starting July)*	10:00a.m. Yoga Rosemary
6:30p.m. ZUMBA fitness Rob Vinson	6:30 p.m. HIIT Natalie Nalbandian	6:30p.m. ZUMBA fitness Rob Vinson	6:30 p.m. HIIT Natalie Nalbandian	6:30p.m. 90sStep Al Perez		
7:30PM Bati Yoga Tamara Pinto	7:30p.m. ZUMBA fitness Estela Alvarenga	7:30p.m. Candle Light Yoga Rosemary	7:30p.m. Latin Jam Workout Ruth Lazo			

Circuit Fitness Training/Boxing/ Muay Thai

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00a.m. Bootcamp W/Yo	6:00a.m. Bootcamp w/Yo	6:00a.m. Bootcamp w/Yo	6:00a.m. Bootcamp W/Yo			
8:15a.m. Bootcamp w/Yo	8:15a.m. Bootcamp w/Yo	6:30p.m. Muay Thai Jon	8:15a.m. Bootcamp w/Yo	8:15a.m. Bootcamp w/Yo	*NEW! 3:00 p.m.* Boxing	
6:30p.m. Weight Training w/Yo	*7:30PM Boxing*	6:30p.m. Weight Training w/ Yo	*7:30PM Boxing*	6:00p.m. Muay Thai		

Fitunlt.Com 17048 Devonshire St. Northridge Drop In [$10] Boxing/Boot/Muay Thai [$15]