















# Fitness Unlimited





M-TH 5am-10pm Fri: 5am-9PM Sat: 7am-6pm Sun:7:30am -5pm

(818)368-8140

## July 2017 Group Fitness Classes – 2017 Focus. Forward.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		8:15a.m. Yoga  NatalieNalbandian		8:15a.m. Yoga  NatalieNalbandian	8:30a.m. <b>HIIT</b> NatalieNalbandian	
9:15a.m. <b>Low Impact/weight train</b> Aerobics Dawna		9:30 a.m. Low Impact Sue Press	9:15a.m.  <b>ZUMBA</b> fitness Leslie	9:15a.m. Low Impact Yo	9:30a.m.  <b>ZUMBA</b> fitness ASIA	
5:30p.m. Muscle Tone  Desiree		5:30p.m. Summer ABS  Nico		5:30p.m. Salsa Fitness  Desiree		
6:30p.m.  <b>ZUMBA</b> fitness Kristen	6:30 p.m. <b>HIIT</b> Natalie Nalbandian	6:30 p.m.  <b>ZUMBA</b> fitness Kristen	6:30 p.m. <b>HIIT</b> Natalie Nalbandian	6:30p.m.  90s Step Al Perez		
7:30PM Power Yoga  Rosemary	7:30p.m.  <b>ZUMBA</b> fitness Estela Alvarenga	7:30p.m Yoga  Rosemary	7:30p.m.  <b>ZUMBA</b> fitness Estela Alvarenga			

### 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. Run Team w/Yo	6:00a.m. Bootcamp  W/Yo		<b>7:00am</b> <b>Running Team</b> <b>Balboa Park</b>	
8:15am Bootcamp w/Yo	8:15a.m. Bootcamp w/Yo		8:15a.m. Bootcamp w/Yo	8:15a.m. Bootcamp w/Yo		
	<b>7:30p.m.</b> <b>Boxing</b> 	6:30p.m. Muay Thai  Jon	<b>7:30p.m.</b> <b>Boxing</b> 	6:00p.m. Muay Thai  Jon	<b>3:00 p.m.</b> <b>Boxing</b> 