
















Fitness Unlimited




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

(818)368-8140

September 2017 Group Fitness Classes – 2017 Focus. Forward.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		8:15a.m. Yoga  Natalie Nalbandian		8:15a.m. Yoga  NatalieNalbandian	8:30a.m. HIIT NatalieNalbandian	
9:15a.m. Low Impact/weight train Dawna		9:30 a.m. Low Impact Sue Press	9:15a.m.  ZUMBA fitness Leslie	9:15a.m. Low Impact Yo	9:30a.m.  ZUMBA fitness Joanne	
5:30p.m. Muscle Tone  Natalie	5:30p.m. Dance Jam  Joanne	5:30p.m. Awesome Abs  Nico	5:30p.m. Salsa Fitness  Desiree			
6:30p.m.  ZUMBA fitness Kristen	6:30 p.m. HIIT Natalie Nalbandian	6:30 p.m.  ZUMBA fitness Kristen	6:30 p.m. HIIT Natalie Nalbandian	6:30p.m.  90s Step Al Perez		
7:30PM Power Yoga  Rosemary	7:30p.m.  ZUMBA fitness Estela Alvarenga	7:30p.m Yoga  Rosemary	7:30p.m.  ZUMBA 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		7:00am Running Team Balboa Park	
8:15am Bootcamp w/Yo	8:15a.m. Bootcamp w/Yo		8:15a.m. Bootcamp w/Yo	8:15a.m. Bootcamp w/Yo		
	7:30p.m. Boxing 		7:30p.m. Boxing 