




2018	Group Fitness Classes – 2018 Focus. Forward.					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00am  Yoga Monica			8:00a.m.  Yoga Monica	8:30a.m. (30min) Jump & Pump	
9:15a.m. Low Impact/ weight train Phyllis/Yo	9:15a.m.  Line Dancing	9:30 a.m. Low Impact Sue	9:15a.m.  ZUMBA Fitness Leslie	9:15a.m. Low Impact Dawna	9:30a.m.  ZUMBA Fitness Joanne	9:00am Breath Work Meditation  Joanne
5:30p.m. Muscle Tone  Desiree		5:30p.m. Abs  Nico	5:30pm Street Dance Coming Soon!	10:30am Tai Chi Sarah		10:15am  ZUMBA Fitness Koral and Rigo
6:30p.m. (45 min) CardioCombat Jose	6:00pm Jump &Pump (45 min) YO	6:30 p.m. Dance Fitness Kristen	6:30 p.m. Cardio Boxing (45 mim)  Hosea	6:30pm  Step Aerobics Al		
7:15pm Mu Caliente/ Jose	7:00p.m.  ZUMBA fitness Danny	7:30pm Yoga Coming Soon	7:15p.m.  ZUMBA Fitness Estela	7:30p.m.  ZUMBA Fitness Jose		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00a.m. Bootcamp W/Yo	6:00a.m. Bootcamp w/Yo	6:00a.m. Runing Team w/Yo	6:00a.m. Bootcamp Hosea			Running Group Meet Up (Time Varies)
8:15am Boot Camp w/Yo	8:15a.m. Boot Camp w/Yo		8:15a.m. Boot Camp w/Hosea	8:15a.m. Boot Camp w/Yo	NEW 8:00a.m. Bootcamp Yo	

	<p>7:30p.m. Boxing</p>  <p>Warren</p>	<p>NEW 6:30p.m. Boxing</p>  <p>Hosea</p>	<p>7:30p.m. Boxing</p>  <p>Warren</p>			
--	----------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------	--	--	--

Circuit Fitness Training/Boxing/ Muay Thai

Fitunlt.Com 17048 Devonshire St. Northridge Guest(\$14) Boxing (\$15) walk-in