

Group Fitness Schedule

Monday	
Morning	
5:30	Bootcamp w/Dawn 30 min (LC)
6:00	CXWorx w/ Dawn 30 min (LC)
7:30	Bootcamp w/Ed 30 min (LC)
8:30	Stretch and Tone w/Amy 45 min (LC)
9:30	BodyCombat w/Rebecca/Robin 60 min (LC)
10:30	Power Step 19 53 min (VC)
Evening	
12:45	War 20 54 min (VC)
3:00	HIIT Full Body Blast 30 min (VC)
4:00	Insanity Live 29 27 min (VC)
5:00	Bootcamp w/Katie 30 min (LC)
5:30	BodyPump w/Dawn 60 min (LC)
6:30	Les Mills Tone w/Steven 45 min (LC)
7:30	Hard Body Workout 2 50 min (VC)

Tuesday	
Morning	
5:30	Bootcamp w/Ashley 30 min (LC)
5:30	Les Mills Tone w/Wendy 45 min (LC)
7:30	Effective Pilates 42 min (VC)
8:30	Core Stretching w/Amy 30 min (LC)
9:00	Cardio Intervals w/Amy 30 min (LC)
9:30	Strength Training w/Rebecca 45 min (LC)
10:30	Bootcamp w/Allie 30 min (LC)
11:15	Pilates Basic 27 min (VC)
Evening	
12:45	P90X 34 57 min (VC)
2:00	ICE Low Impact 47 min (VC)
3:00	Bikini Blitz 27 min (VC)
4:00	Focus T25 Alpha Cardio 28 min (VC)
5:00	Pilates-Mat Jen S. 30 min (LC)
5:30	Tabata w/Danielle 30 min (LC)
6:15	Zumba/ Zumba Toning w/Steven/Deb 60 min (LC)
7:30	Insanity Live 33 33 min (VC)

Wednesday	
Morning	
5:30	BodyPump w/Dawn 60 min (LC)
7:30	Bootcamp w/Ben 30 min (LC)
8:30	Stretch and Tone w/Amy 45 min (LC)
9:00	Bootcamp w/Carlton Row, Ride, & More! 30 min (LC)
9:30	CardioStep w/Jenn F. 60 min (LC)
10:30	CXWorx w/ Jenn F. 30 min (LC)
11:15	War 18 Express 34 min (VC)
Evening	
12:45	Power Step 21 52 min (VC)
3:00	HIIT Plyo 28 min (VC)
4:00	Insanity Live 30 28 min (VC)
5:30	BodyCombat w/Dawn 30 min (LC)
6:00	BodyPump w/Danielle 60 min (LC)
7:30	Hard Body Workout 1 46 min (VC)

Thursday	
Morning	
5:30	Bootcamp w/Ashley 30 min (LC)
5:30	Les Mills Tone w/Dawn 45 min (LC)
7:30	Step Up! Downtown L.A. 25 min (VC)
9:30	Tabata w/Katie 30 min (LC)
10:00	BodyPump w/Katie 45 min (LC)
10:30	Bootcamp w/Peggy 30 min (LC)
11:15	Pilates Full Mat 26 min (VC)
Evening	
12:45	P90X 31 57 min (VC)
2:00	Hard Body 46 min (VC)
3:00	4x4 Fat Loss 29 min (VC)
4:00	Effective Pilates 42 min (VC)
5:30	Bootcamp w/Robin 30 min (LC)
5:30	CXWorx w/Wendy 30 min (LC)
6:15	Power Step 20 32 min (VC)
7:30	Insanity Live 33 33 min (VC)

Friday	
Morning	
5:30	BodyCombat w/Katie 60 min (LC)
7:30	Bootcamp w/Ben 30 min (LC)
8:30	Zumba Toning w/Deb 45 min (LC)
9:30	Bootcamp w/Allie 30 min (LC)
10:30	Zumba 101 35 min (VC)
Evening	
12:45	Kick'n Circuit 46 min (VC)
2:00	ICE to the Mat: Legs and Glutes 49 min (VC)
3:00	BoxxHIIT30 Abs and Core 29 min (VC)
4:00	Insanity Max 30 33 min (VC)
5:30	BodyPump w/Katie 60 min (LC)
7:30	Insanity Live 31 28 min (VC)

Saturday	
Morning	
8:00	Cardio Blast w/Amy/Steven 45 min (LC)
9:00	Tabata Strength w/Tara/Wendy 30 min (LC)
9:00	Bootcamp w/Allie 30 min (LC)
9:30	CXWorx w/Amy 30 min (LC)
10:15	Zumba w/Tara 60 min (LC)
Evening	
12:45	War 19 52 min (VC)
2:00	HIIT Circuit Lower Body 48 min (VC)
3:00	Flamenco Passion 1 55 min (VC)
Sunday	
Morning	
8:00	BodyCombat w/Michelle/Rebecca 60 min (LC)
9:00	BodyPump w/Danielle 60 min (LC)
10:00	Les Mills Tone w/Steven 45 min (LC)
Evening	
12:45	Insanity Live 30 53 min (VC)
2:00	ICE Low Impact 47 min (VC)
3:00	Fitness Dance 2 45 min (VC)
4:00	Bodylicious Express 27 min (VC)

