

FITNESS CLASS SCHEDULE

	8 A.M. – 8:45 A.M.	10 A.M. – 10:45 A.M.	12 P.M. – 12:30 P.M.
MONDAY	VENICE POWER WALK ENERGIZING STRIDES	YOGA NIDRA RESTFUL YOGA	ROLL & RELEASE MUSCLE RELIEF
TUESDAY	CANYON RANCH YOGA STRETCH & FLOW	CYCLE HIGH ENERGY CYCLING	HARD CORE CORE STRENGTH
WEDNESDAY	BOOT CAMP TOTAL BODY WORKOUT	WEIGHT A MINUTE ISOMETRIC HOLDS	ROLL & RELEASE MUSCLE RELIEF
THURSDAY	VENICE POWER WALK ENERGIZING STRIDES	STRENGTH IN NUMBERS STRENGTH TRAINING	HARD CORE CORE STRENGTH
FRIDAY	CANYON RANCH YOGA STRETCH & FLOW	YOGA NIDRA RESTFUL YOGA	ROLL & RELEASE MUSCLE RELIEF
SATURDAY	BOOT CAMP TOTAL BODY WORKOUT	STRENGTH IN NUMBERS STRENGTH TRAINING	HARD CORE CORE STRENGTH
SUNDAY	BAND CAMP CARDIO WITH BANDS	HIIT ATHLETIC DRILLS + STRENGTH TRAINING	ROLL & RELEASE MUSCLE RELIEF

DROP-IN FITNESS CLASSES \$21 PER PERSON PER CLASS.