Class Schedule:

1861 W. Lomita Blvd., Unit A

Lomita, CA 90717

(310) 784-1817

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	**Bootcamp** Brett			**Zumba** Natalia			
7:00 AM		**Cardio Kickboxing** Brett		**Cardio Kickboxing** Brett			
8:00 AM						**Bootcamp** Brett	
9:00 AM	**Self Defense** Brett						
10:00 AM	**Pilates** Jillene		**Pilates** Jillene			**Zumba** Natalia	
11:00 AM			**Self Defense** Brett		**Self Defense** Brett		
4:00 PM				**Pilates** Jillene	**Pilates** Jillene		
5:00 PM				**Self Defense** Brett	**Cardio Kickboxing** Brett		
6:00 PM	**Bootcamp** Brett	**Cardio Kickboxing** Brett	**Bootcamp** Brett				
7:00 PM							
8:00 PM							

***Notes:** *Cardio Kickboxing & Self Defense classes - please bring boxing gloves (and wraps if desired)*

Pilates classes - please bring your own mat

All classes - water and towel

updated: 10/7/2013