

GROUP FITNESS & AEROBICS

El Segundo

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
<p>ALL CLASSES CANCELLED on Feb 20</p> <p>11:30 a.m. Metabolic Meltdown*</p> <p>5:30 p.m. Power Cycle</p>	<p>6:00 a.m. Studio Spin*</p> <p>7:00 a.m. ViPR*</p> <p>11:30 a.m. STRONG*</p> <p>4:30 p.m. Yoga</p>	<p>11:00 a.m. Weight Room Sweat*</p> <p>12:00 p.m. Athletic Yoga</p> <p>4:30 p.m. Six Pack Abs*</p> <p>SPECIAL EVENT Feb 15 ONLY 5:30 p.m. Your Best Year of Yoga</p>	<p>6:00 a.m. Spin & Strength*</p> <p>7:00 a.m. Athletic Stretch*</p> <p>11:30 a.m. Sweat & Sculpt*</p> <p>4:30 p.m. Power Yoga</p>	<p>7:00 a.m. Cardio Kick Boxing</p> <p>11:30 a.m. STRONG*</p>	<p>9:00 a.m. Zumba*</p> <p>10:00 a.m. Lengthen & Strengthen</p>

Fort MacArthur

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
<p>ALL CLASSES CANCELLED on Feb 20</p> <p>6:30 p.m. Yoga Flow & Tune Up*</p>	<p>9:30 a.m. STRONG*</p> <p>5:30 p.m. Zumba*</p>	<p>9:30 a.m. Sweat & Sculpt*</p>	<p>9:30 a.m. Zumba*</p> <p>5:30 p.m. Power Yoga</p>	<p>No Classes Available</p>	<p>No Classes Available</p>

