

Fun Fit Factory Weekly Printable Class Schedule

6036 Variel Ave / 22100 Ventura Blvd. Woodland Hills / 818-923-7177

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>In order to participate in any of our classes, please RSVP by calling or texting 818-923-7177</i>							
8:00 AM							
8:30 AM		Anusara Yoga JUDY 8:30 RESUMES IN OCTOBER		Anusara Yoga JUDY 8:30 RESUMES IN OCTOBER			
9:00 AM							
9:30 AM	Atonement Boot Camp GG 9:30						
10:00 AM		Low Impact Interval Training ("LIIT") with Kickboxing GG 10:00	Ultimate Barre GG 10:00	Power Mat Pilates GG 10:00	AAA (Abs, Arms & *ss) GG 10:00	Low Impact Interval Training ("LIIT") w/Piloxing GG 10:00	
10:30 AM							
11:00 AM			Fun Fit 101 (Body Conditioning & Stretch) GG 11:00		Fun Fit 101 (Body Conditioning & Stretch) GG 11:00		
11:30 AM							
12:00 PM							
1:00 PM							
2:00 PM	Private Training (call GG at 818-923-7177 to arrange a time for private training - morning, afternoon, or evening)						
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM							
8:00 PM		High Intensity Interval Training ("HIIT") w/TRX GG 8:00	Boxing GG 8:00	High Intensity Interval Training ("HIIT") GG 8:00	High Intensity Interval Training ("HIIT") GG 8:00		
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