




IN-PERSON TORRANCE EXERCISE CLASS SCHEDULE

TIME	MON	TUE	WED	THU	FRI	SAT
11:00 am						Boxing & Circuits w/ Barbara 
12:00 pm		Boxing & Circuits w/ Jasmine 				Boxing & Circuits w/ Barbara 
6:10 pm			Yoga w/ Lian at 6:10pm			
6:30 pm				Interval Training w/ Barbara		

CLASS DESCRIPTIONS:

(ALL CLASSES ARE 50 MIN)

Yoga: all levels restorative yoga class

Boxing & Circuits: interval training and boxing class

Interval Training: interval training class with cardio focus