

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11am						Functional Fitness 3
12pm						Boxing and Circuits
1pm				Boxing and Circuits		

## Class Descriptions:

Classes are 50 minutes

**re+active West LA studio**

11500 West Olympic Blvd Suite 640

Los Angeles CA 90064

**Functional Fitness:** Level 2 beginning intermediate, Level 3 intermediate/advanced

**Boxing and Circuits:** Boxing, cardio, and brain challenges- this class has ALL the brain changing fun!

**Yoga:** all levels restorative yoga class; seated and standing options

