

# IN-PERSON WEST LA EXERCISE CLASS SCHEDULE

TIME	MON	TUE	WED	THU	FRI	SAT
11:00 am						Functional Fitness 3 w/ Joanna and Key
12:00 pm						Boxing & Circuits w/ Joanna and Key
1:00 pm				Boxing & Circuits w/ Adili		
5:00 pm		Yoga w/ Malia 5pm				

## CLASS DESCRIPTIONS:

(ALL CLASSES ARE 50 MIN)

**Boxing and Circuits:** Interval training and boxing class

**Yoga:** All levels restorative yoga class

**Functional Fitness:** functional movement and strengthening class. Level 2 moderate, level 3 high intensity