

ICONFIT

PARK LA BREA

July Group Ex Schedule

Sunday

Cycle Spin with Kristin - 9am-10am

Monday

Yoga with Martha Ellen - 8:30am-9:30am

Circuit Strength with Donna - 5:00pm-6:00pm

Cycle Spin with Jack - 7:30pm-8:30pm

Tuesday

Mat Fusion* with Donna - 6:15am-7:15am

Aqua Aerobics with Martha Ellen - 9:00am-10:00am (at the pool)

Cycle Spin with Donna - 6:15pm-7:15pm

Wednesday

Yoga with Martha Ellen - 8:30am-9:30am

Aqua Aerobics with Maruca - 6:30pm-7:30pm

Zumba with Lauren - 7:30pm-8:30pm

Thursday

Beginner Yoga with Donna - 10:00am-11:00am

Aqua Aerobics with Martha Ellen - 9:00am-10:00am (at the pool)

Power Flow Yoga with Donna - 5:00pm-6:00pm

Cycle Spin with Jack - 6:15pm-7:15pm

Friday

Mat Fusion* with Donna - 6:15am-7:15am

Zumba with Lauren - 3:30pm-4:30pm

Saturday

Aqua Aerobics with Maruca - 9:00am-10:00am (at the pool)

*Mat Fusion is a class that integrates mat Pilates as well as other strength and flexibility techniques and is great for all skill levels beginner to advanced.

