

# ICONFIT

PARK LA BREA

## October Group Ex Schedule

### Sunday

Cycle Spin with Kristin - 9am-10am

Children's Ballet with Caron - 10am-11am

### Monday

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

Zumba with Lauren - 5:30pm-6:30pm

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

### Tuesday

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

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

Yoga with Kate - 7:30pm-8:30pm

### Wednesday

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

Yoga with Kate - 4:30pm-5:30pm

Adult Ballet with Caron - 5:45pm-6:45pm

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

### Thursday

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

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

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

### Friday

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

### Saturday

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

Hip Hop with Callista - 12:00pm-1:00pm

