

ICONFIT

PARK LA BREA

November Group Ex Schedule

Sunday

Cycle Spin with Kristin - 9:00am-10:00am

Children's Ballet with Caron - 10:00am-11:00am (ages 3-5)

Children's Ballet with Caron - 11:00am-12:00pm (ages 6-9)

Monday

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

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

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

Tuesday

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

Cycle Spin with Rori - 6:15pm-7:00pm

Yoga with Rori - 7:15pm-8:00pm

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)

Aqua Aerobics with Maruca - 6:00pm-7:00pm (at the pool)

Cycle Spin with Rori - 6:15pm-7:00pm

Yoga with Rori - 7:15pm - 8:00pm

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

