ICONFIT
PARK LA BREA

November Group Ex Schedule

Sunday
Cycle Spin with Kristin – 9 am – 10 am
Children's Ballet with Caron – 10 am – 11 am (ages 3 to 5)
Children's Ballet with Caron – 11 am - 12 pm (ages 6 to 9)

Monday
Yoga with Martha Ellen - 8:30 am - 9:30 am
Yoga with Nancy - 4:30 pm - 5:30 pm
Cycle Spin with Kristin – 7 pm – 8 pm

Tuesday
Aqua Aerobics with Martha Ellen – 9 am – 10 am (at the pool)
Mat Pilates with Kenya – 11:30 am – 12:30 pm
Cycle Spin with Kristin - 6:15 pm - 7 pm
Yoga with Nancy - 7:15 pm - 8 pm

Wednesday
Yoga with Martha Ellen - 8:30 am - 9:30 am
Yoga with Kate – 4 pm - 5 pm
Aqua Aerobics with Maruca – 2 pm – 3 pm
Adult Ballet with Caron - 5:45 pm - 6:45 pm

Thursday
Yoga with Kate- 10 am – 11 am
Aqua Aerobics with Martha Ellen - 9 am - 10 am (at the pool)
Cycle Spin with Kristin - 6:15 pm - 7 pm
Yoga with Nancy - 7:15 pm - 8 pm

Friday
Mat Pilates with Kenya – 11:30 am – 12:30 pm

Saturday
Aqua Aerobics with Maruca – 9 am – 10 am (at the pool)
Zumba with Lauren 9 am - 10 am
Yoga with Nancy - 10:30 am - 11:30 am
Hip Hop with Callista – 12 pm - 1 pm