



**BUSINESS HOURS:**

MON-THUR 5:00 AM-10:00 PM  
 FRI 5:00AM-10:00 PM  
 SAT 7:00 AM-7:00 PM  
 SUN 8:00 AM-7:00 PM

# CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM - 9:00 AM	YOGA TODD					ZUMBA- TONING SHANNON	
9:00 AM - 10:00 AM	JAZZERCISE \$10	JAZZERCISE \$10	JAZZERCISE \$10	JAZZERCISE \$10	BODY SCULPTING \$10	JAZZERCISE \$10	JAZZERCISE \$10
10:00 AM - 11:00 AM	SPIN MIKEL	CYCLING BILL	SPIN TYLER	SPIN - ABS TYLER	SPIN TYLER	SPIN MIKEL	YOGA TODD
5:00 PM - 6:00 PM	CARDIO DUMBBELLS JEREMY	CARDIO DANCE LORENA	YOGA KAREN	YOGA KAREN			
5:30 PM - 6:30 PM					BODY SCULPTING \$10		
6:00 PM - 7:00 PM	JAZZERCISE \$10	SPIN TYLER	JAZZERCISE \$10	PILATES - ABS NATASHA			
7:00 PM - 8:00 PM	SPIN MIKEL	CARDIO DUMBBELLS JEREMY	SPIN- BOOTCAMP G.G.				

20700 Ventura Blvd Woodland Hills, CA 91364 (818) 444-5100

\* "Jazzercise" & "Body Sculpt" are not a part of Sweat Clubs. See Rhonda (818) 716-7677