



Woodland Hills MARCH 2020 Group Fitness Schedule

Sun: 7:00 am - 10:00 pm Mon: Opens at 4:00 am Tues: Open 24 hours Wed: Open 24 hours Thurs: Open 24 hours Fri: Open until 9:00 pm Sat: 6:00 am - 10:00 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		7:45 AM SilverSneakers® Circuit (Studio A)	5:30 PM Zumba® (1)	8:00 AM Aquatic Mobility (Pool)		
		10:00 AM GENESIS Simply Stretch 30 (1)	6:30 PM Barre 45 (Mind Body)	10:00 AM SilverSneakers® Circuit (Studio A)		
				5:30 PM SHiNE Dance Fitness™ (1)		