

# GROUP FITNESS SCHEDULE | WESTWOOD



MONDAY	GROUP FITNESS	9:20 am		4:35 pm		5:40 pm	6:45 pm
	HOT YOGA		10:30 am			<b>Barre</b> 5:40 pm	6:50 pm
TUESDAY	GROUP FITNESS	<b>HITT Strength</b> 9:20 am	10:30 am	4:35 pm	5:00 pm	5:40 pm	
	HOT YOGA						<b>Yang/Yin</b> 6:50 pm
WEDNESDAY	GROUP FITNESS	9:20 am		3:30 pm	4:35 pm	5:40 pm	
	HOT YOGA		10:30 am			5:40 pm	<b>Restorative</b> 6:50 pm
THURSDAY	GROUP FITNESS	<b>HITT Strength</b> 9:20 am	10:30 am	4:35 pm		5:40 pm	
	HOT YOGA	<b>Yin</b> 9:20 am					<b>Yang/Yin</b> 6:50 pm
FRIDAY	GROUP FITNESS	9:20 am		5:00 pm	<b>Tabata</b> 5:45 pm		
	HOT YOGA		<b>Restorative</b> 10:30 am				
SATURDAY	GROUP FITNESS	9:00 am	10:30 am				
	HOT YOGA	9:30 am					
SUNDAY	GROUP FITNESS	9:25 am	10:30 am				
	HOT YOGA			<b>Hatha</b> 11:45 am			

\*Any Group Fitness Class with low attendance may be cancelled.