



## WESTINGHOUSE CLASS SCHEDULE: MAY 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM							
6:00 AM	6:00 TRX Body Blast Matt	6:00 SpinSpinSpin Christina	6:00 Wheels & Weights Leah	6:00 V-Fit Barre Booty Ali	6:00 Spin&Stretch Leah		
6:30 AM							
7:00 AM			7:00 Spin/Pilates Kathy			7:15 SpinSpinSpin Christina	
7:30 AM							
8:00 AM							
8:30 AM	8:15 Yogalates Jami	8:15 Power Up Leah	8:15 V-HIIT Leah	8:15 Wheels & Weights Jami	8:15 Spin&Stretch Claire	8:15 TRX Body Blast Christina	
9:00 AM							9:00 Morning Yoga Jami/Andrea
9:30 AM	9:30 Wheels & Weights Leah	9:30 V-Fit Barre Booty Ali	9:30 TRX Fusion Leah	9:30 V-Fit Barre Sculpt Jami	9:30 Power Up Leah	9:30 V-HIIT Matt	
10:00 AM							
10:30 AM							10:15 AIReal Yoga Rotation
11:00 AM							
5:00 PM							
5:30 PM	5:15 Wheels & Weights Jami	5:15 Spin/Pilates Claire	5:15 V-Fit Barre Fitness Leah	5:15 VHIIT Leah			
6:00 PM							
6:30 PM	6:30 TRX Body Blast Matt	6:15 Power Hour Jami	6:30 Wheels & Weights Christina	6:30 AIReal Yoga Leah			
7:00 PM							
7:30 PM							
8:00 PM							

4538 WESTINGHOUSE STREET SUITE B, VENTURA, CA 93003  
 QUESTIONS? CALL 805.535.4277



## MAIN STREET CLASS SCHEDULE: MAY 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM		6:00 V-Fit Barre		6:00 Pilates/Foam	6:00 V-Fit Barre		
6:30 AM		Sculpt Kathy		Roll Claire	Booty Kathy		
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM	8:15 V-Fit Barre Booty Aubree	8:15 V-Fit Barre Sculpt Aubree	8:15 Yoga Flow Andrea		8:15 V-Fit Barre Core Jami	8:15 V-Fit Barre Booty Ali	
9:00 AM							9:00 V-Fit Barre Sculpt Jessica
9:30 AM						9:30 V-Fit Barre Sculpt Ali	
10:00 AM							
10:30 AM							10:15 V-Fit Barre Booty Leah
11:00 AM							
11:30 AM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM	5:30 V-Fit Barre Sculpt Kathy	5:15 Fit Fusion Aubree	5:30 Yogalates Claire	5:15 V-Fit Barre Booty Aubree			
6:00 PM							
6:30 PM	6:30 V-Fit Barre Booty Leah	6:30 V-Fit Barre Core Aubree					
7:00 PM							

1455 E MAIN STREET, SUITE 200, VENTURA, CA 93003  
 QUESTIONS? CALL 805.535.4277  
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