



WESTINGHOUSE CLASS SCHEDULE: OCTOBER 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	6:00 Wheels & Weights Christina	6:00 TRX Body Blast Leah	6:00 Power Up Aubree	6:00 SpinSpinSpin Ali	6:00 Barre Core Aubree		
6:30 AM							
7:00 AM	7:00 Yogalates Jami/Kathy		7:00 Spin&Stretch Kathy			7:15 SpinSpinSpin Christina	
7:30 AM							
8:00 AM							
8:30 AM	8:15 Power Up Leah	8:15 Wheels & Weights Jami	8:15 Barre Fitness Aubree	8:15 TRX Body Blast Aubree	8:15 Spin&Stretch Leah	8:15 TRX Body Blast Christina	
9:00 AM							9:00 Morning Yoga Rotation
9:30 AM	9:30 Wheels & Weights Ali	9:30 V-Fit Barre Booty Ali	9:30 TRX Fusion Aubree	9:30 V-Fit Barre Sculpt Jami	9:30 Power Up Leah	9:30 Barre Cardio Ali	
10:00 AM							
10:30 AM							10:15 AIReal Yoga Rotation
11:00 AM						10:45 Wheels & Weights Ali	
11:30 AM							
4:00 PM							
4:30 PM		4:15 TRX Express Jami		4:15 Yoga Express Kathy			
5:00 PM							
5:30 PM	5:15 Wheels & Weights Leah	5:15 Spin/Pilates Claire	5:15 Barre Fitness Leah	5:15 V-HIIT Plus Leah			
6:00 PM							
6:30 PM	6:30 TRX Body Blast Leah	6:30 Power Hour Jami	6:30 Wheels & Weights Christina	6:30 AIReal Yoga Leah			
7:00 PM							

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



MAIN STREET CLASS SCHEDULE: OCTOBER 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM		6:00 V-Fit Barre	6:00 V-Fit Barre	6:00 Pilates/Foam			
6:30 AM		Sculpt Ali	Core Leah	Roll Claire			
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 Ali		
9:00 AM							9:00 V-Fit Barre Sculpt Jessica
9:30 AM	9:30 Anti-Aging Pilates Andrea	9:30 Anti-Aging TRX Aubree	9:30 Anti-Aging Barre Leah	9:30 Anti-Aging Strength Claire	9:30 Anti-Aging Yoga Andrea		
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM	5:30 V-Fit Barre Sculpt Jessica	5:15 Power Up Aubree	5:30 Yogalates Claire	5:15 V-Fit Barre Booty Aubree			
6:00 PM							
6:30 PM		6:30 V-Fit Barre Core Aubree	6:45-7:45 Restorative Yoga Dani				
7:00 PM							

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