



WESTINGHOUSE CLASS SCHEDULE

	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 Core 360° Aubree		
6:30 AM							
7:00 AM							
7:30 AM						7:15 SpinSpinSpin Christina	
8:00 AM							
8:30 AM	8:15 Yogalates Jami	8:15 Wheels & Weights Leah	8:15 V-Fit Barre Aubree	8:15 Power Up Aubree	8:15 Spin&Stretch Leah	8:15 TRX Body Blast Christina	
9:00 AM							
9:30 AM	9:30 Wheels & Weights Leah	9:30 V-Fit Barre Booty Ali	9:30 SpinSpinSpin Leah	9:30 V-Fit Barre Sculpt Jami	9:30 Power Up Leah	9:30 V-Fit Barre Jessica	9:30 AIRReal Yoga Rotation
10:00 AM							
10:30 AM							
4:00 PM							
4:30 PM		4:15 TRX Express Jami		4:15 Wheels&Wts Claire			
5:00 PM							
5:30 PM	5:15 Wheels & Weights Leah	5:15 Power Hour Jami	5:15 V-Fit Barre Sculpt Aubree	5:15 Spin/Stretch Claire			
6:00 PM							
6:30 PM	6:30 V-Fit Barre Core Leah	6:30 Power Hour Jami	6:30 Wheels & Weights Christina	6:30 TRX Body Blast Christina			
7:00 PM							
7:30 PM	7:30 AIRReal Yoga Leah						
8:00 PM							

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM		6:00 V-Fit Barre	6:00 V-Fit Barre	6:00 V-Fit Barre	6:00 Pilates/Foam		
6:30 AM		Sculpt Jessica	Cardio Jami	Booty 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 Yogalates Leah	8:15 V-Fit Barre Sculpt Jessica		
9:00 AM						9:00 Yoga Flow Dani	9:00 V-Fit Barre Sculpt Jessica
9:30 AM	9:30 AFS Yoga Andrea	9:30 AFS TRX Aubree		9:30 AFS Strength Training Claire	9:30 AFS Yoga Andrea		
10:00 AM							
10:30 AM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM	5:30 V-Fit Barre Sculpt Kathy	5:15 Core 360° Claire	5:30 Yogalates Claire	5:15 V-Fit Barre Booty Leah			
6:00 PM							
6:30 PM							
7:00 PM			6:45-7:45 Restorative Yoga Dani				

1455 E MAIN STREET, SUITE 200, VENTURA, CA 93003

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