



BFC - Group Exercise Class Schedule



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|---|---|--|---|
| 6:00 AM SPINNING. [Stephanie] | 6:00 AM TOTAL BODY RESET [Amanda] V | 6:00 AM SPINNING. [Stephanie] | 6:00 AM Power Sculpt [Traci] V | 6:00 AM SPINNING. [Traci] | 8:30 AM SPINNING. [Amanda] | 8:30 AM SPINNING. [Amanda] |
| 8:30 AM BURN N' BOX [Summer] V | 8:30 AM Muscle & Core [Sam] V | 8:30 AM Functional Fit [Sam]V | 8:30 AM Sweat Fest [Sam] V | 8:30 AM BURN N' BOX [Summer] V | 8:30 AM Sculpt [Shee]V | |
| 9:30 AM YOGA POWER FLOW [Tatiana] *intermediate/advanced | 9:30 AM ZUMBA [Lorena] V | 9:30 AM YOGA REFRESH [Tatiana] *Beginner/Gentle | 9:30 AM ZUMBA [Marisela] V | 9:30 AM YOGA REFRESH [Tatiana] *Beginner/Gentle | 9:30 AM SPINNING. [Traci] | |
| | 10:30 AM Forever Young [Dianna] | | 10:30 AM Forever Young [Dianna] | 10:30 AM ZUMBA [Lorena] V | 9:30 AM Turbo Kick [Amanda] V | |
| 5:30 PM SPINNING. [Traci] | 5:30 PM PILATES SCULPT [Stephanie] V | 5:30 PM FULL BODY BLAST [Traci] V | | | | |
| 5:30 PM ZUMBA [Sarah] V | 6:30 PM SPINNING. [Stephanie] | 6:30 PM SPINNING. [Traci] | 5:30 PM PILATES SCULPT [Stephanie] V | 6:30 PM HIIT [Dianna] V | | |
| 6:30 PM XTREME FIT [Amanda] V | 6:30 PM HIIT [Dianna] V | 6:30 PM CARDIO STRENGTH [Amanda] V | 6:30 PM SPINNING. [Stephanie] | | | |
| 7:30 PM SPINNING. [Summer] (Starts 7/11/2022) | | | 6:30 PM HIIT [Dianna] V | | | |
| | | | | | | |
| | | | | | | |
| | | | | | V = Vitality Studio A = Agility Studio | |



| | |
|------------------|--|
| BURN N' BOX | Learn basic boxing moves from our experts while working on your cardio and toning through intervals. |
| CARDIO STRENGTH | Test your endurance in this heart racing, explosive class. |
| XTREME FIT | Get a total body workout with a mix of cardio, conditioning and core strengthening while getting a metabolism boost. |
| FOREVER YOUNG | A class for seniors that works on balance, strength, and flexibility, keeping you functional and vibrant for everyday life. |
| FULL BODY BLAST | Hit multiple muscle groups with one blast. |
| FUNCTIONAL FIT | Functional movements that keep you moving well, get you sweating, build lean muscle and keeps you burning body fat throughout the day. |
| HIIT | A high intensity workout that pairs each exercise with a timed interval for toning and shaping the body while increasing endurance. |
| MUSCLE & CORE | Strength, muscle toning and conditioning with the benefits of core and joint mobility. |
| PILATES SCULPT | Sculpt and tone your entire body with Pilates inspired moves using light weights, sliders, bands, and more. |
| POWER SCULPT | A Combo moves HIIT class that gives you interval, cardiovascular and strength training all wrapped into one, for a proven and effective method for fat burning & lean muscle building. |
| SCULPT | Combines free weights, yoga sequencing and cardio to give you that perfectly toned body. |
| SWEAT FEST | Focusing on anaerobic exercise to improve your cardiovascular endurance as well as building & maintaining muscle while losing body fat. |
| SPINNING | High intensity cardio cycling class that burns high amounts of calories while the pedaling also gives you resistance training. |
| TOTAL BODY RESET | Start your day with cardio, body weight and free weight exercises, in a timed circuit format. Exercises change weekly to increase challenge. |
| TURBO KICK | High energy, high intensity & fast paced, cardio kickboxing class that tones muscle and torches fat through coreographed, fun routines. |
| YOGA POWER FLOW | ★ Intermediate/Advanced Yoga where traditional poses and breathing flow into cardio. |
| YOGA REFRESH | Feel recharged and rejuvenated after a restorative yoga class. |
| ZUMBA | Dance your way to results with this fun, energetic and heart pumping class. |

***Classes are all fitness levels except those with a ★

WWW.BURBANKFITNESSCLUB.COM

818-861-7530 (Call or Text)