



BURBANK FITNESS CLUB



CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM (S) SPINNING STEPHANIE	6:00 AM (V) TOTAL BODY RESET AMANDA	6:00 AM (S) SPINNING STEPHANIE	6:00 AM (V) POWER SCULPT TRACI	6:00 AM (S) SPINNING TRACI	8:30 AM (S) SPINNING AMANDA	8:30 AM (S) SPINNING AMANDA
8:30 AM (V) BURN N' BOX SUMMER	7:00 AM (S) SPINNING DARLA	8:30 AM (V) FUNCTIONAL FIT SAM	7:00 AM (S) SPINNING DARLA	8:30 AM (V) BURN N' BOX SUMMER	8:30 AM (V) SCULPT SHEE	
9:30 AM (C) YOGA POWER FLOW TATIANA	8:30 AM (V) MUSCLE & CORE SAM	9:30 AM (C) YOGA POWER FLOW TATIANA	8:30 AM (V) SWEAT FEST SAM	9:30 AM (C) YOGA POWER FLOW TATIANA	9:30 AM (S) SPINNING TRACI	
5:30 PM (S) SPINNING TRACI	9:30 AM (V) ZUMBA MANDY	5:30 PM (V) FULL BODY BLAST TRACI	9:30 AM (V) ZUMBA MARISELA	10:30 AM (V) ZUMBA MANDY	9:30 AM (V) TURBO KICK AMANDA	
5:30 PM (V) ZUMBA SARAH	10:30 AM (V) FOREVER YOUNG DIANNA	6:30 PM (S) SPINNING TRACI	10:30 AM (V) FOREVER YOUNG DIANA	6:30 PM (V) HIIT DIANNA		
6:30 PM (C) BARRE CORE TRACI	5:30 PM (V) PILATES SCULPT STEPHANIE	6:30 PM (V) CARDIO STRENGTH AMANDA	5:30 PM (V) PILATES SCULPT STEPHANIE			
6:30 PM (V) XTREME FIT AMANDA	6:30 PM (S) SPINNING STEPHANIE		6:30 PM (S) SPINNING STEPHANIE			
7:30 PM (S) SPINNING SUMMER	6:30 PM (V) HIIT DIANNA		6:30 PM (V) HIIT DIANNA			
	7:30 PM (C) BARRE TECHNIQUE DIANNA		7:30 PM (C) BARRE TECHNIQUE DIANNA			C: CORE STUDIO S: SPINNING STUDIO V: VITALITY STUDIO

ALL CLASSES ARE BEGINNER FRIENDLY!

RESERVATIONS ARE REQUIRED FOR BARRE, SPINNING, AND YOGA.

RESERVATIONS MAY BE PLACED UP TO 24 HOURS IN ADVANCE BY CALLING OR TEXTING (818) 861-7530.

226 E PALM AVE, BURBANK, CA 91502

MON – THU: 6:00 AM – 10:00 PM | FRI: 6:00 AM – 9:00 PM | SAT – SUN: 7:00 AM – 6:00 PM

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BARRE CORE	A musically driven, low-impact, high-intensity class that focuses on postural strength and alignment, along with a series of core and flexibility training.
BARRE TECHNIQUE	Similar to BARRE CORE, this class utilizes ballet, Pilates, and yoga-inspired techniques to improve posture, flexibility, and stability; targeting your arms, core, legs, and glutes.
BURN N' BOX	Learn the fundamentals of boxing from our experts! Full of conditioning drills, interval training, punches, and kicks, this class will surely make you feel the burn.
CARDIO STRENGTH	Improve your stamina and endurance with a mixture of heart-pumping cardio and lighter-weight training.
FOREVER YOUNG	A low-impact class designed for older adults and those with disabilities to build strength, flexibility, joint stability, balance, and coordination; keeping you functional and vibrant for everyday life.
FULL BODY BLAST	Combined of cardio, circuit, and endurance training exercises, get your heart pumping and target all your major muscle groups with this explosive, high-energy class!
FUNCTIONAL FIT	Train your muscles to work seamlessly through a series of exercises that mimic the movements of daily activities to improve quality of life and prevent common injury.
HIIT	H.I.I.T: High-Intensity Interval Training. Get your heart rate up and burn more fat in less time through a variety of different high-intensity movements, alternating with short periods of active recovery.
MUSCLE & CORE	With an emphasis on core, this form-focused, resistance training class will work on the muscles deep within your abdominals and back to increase muscular endurance and support a healthy spine, pelvis, and kinetic chain.
PILATES SCULPT	Tone your entire body with lighter-weight training and Pilates-inspired movements, using resistance bands, sliders, and more.
POWER SCULPT	Burn fat, build lean muscle mass, and power up for the day with interval, cardio, and strength training all wrapped into one full-body workout!
SCULPT	Start your weekend with full-body lengthening and strengthening through yoga sequences and cardio, while using weights to sculpt, tone, and define your major muscle groups.
SWEAT FEST	This slower-paced, anaerobic, form-focused class will help develop, maintain, and increase lean muscle mass through strength and resistance training.
SPINNING®	This beat-based, calorie-burning ride will vary in resistance and intensity as you pedal your way through simulated flat roads, hills, jumps, and sprints.
TOTAL BODY RESET	Utilizing muscles from head to toe, this HIIT-cardio-strength combo class will leave you feeling energized and ready for the day!
TURBO KICK	Burn major calories and body fat through fun, choreographed routines in this high-energy, fast-paced kickboxing-inspired class.
XTREME FIT	Challenge yourself through a series of circuit training, endurance, and strength exercises to improve cardiovascular health and boost metabolism.
YOGA POWER FLOW	Find the connection between breath, mind, and movement, and feel aligned and rejuvenated after this restorative Vinyasa yoga class.
ZUMBA®	Get an endorphin boost and dance your way to results with this energizing, easy-to-follow class.

THE FUTURE OF FITNESS SUPPLEMENTS THAT FITS YOUR NEEDS!

PRESTIGE LABS® PRODUCES HIGH-QUALITY SUPPLEMENTS FOR PROFESSIONAL ATHLETES AND OLYMPIANS, MADE BY ONE OF THE BEST MINDS IN BIOCHEMISTRY, DR. TREVOR KASHEY, PHD. FOR MORE INFORMATION, VISIT BURBANKFITNESSCLUB.COM

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