



BURBANK FITNESS CLUB CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM (CC) SUNRISE CYCLE STEPHANIE	6:00 AM (VS) TOTAL BODY RESET SUMMER	6:00 AM (CC) SUNRISE CYCLE STEPHANIE	6:00 AM (VS) POWER SCULPT TRACI	6:00 AM (CC) SUNRISE CYCLE TRACI	7:30 AM (RS) REFORMER PILATES FLOW STEPHANIE	7:30 AM (RS) REFORMER PILATES FLOW CLAUDIA
8:30 AM (VS) HIIT BOXING SUMMER	7:15 AM (RS) REFORMER PILATES FLOW BRI	7:15 AM (RS) REFORMER PILATES FLOW BRI	8:30 AM (VS) SWEAT FEST SAM	6:00 AM (VS) HIIT CLAUDIA	8:30 AM (VS/RD*) YOGA POWER FLOW ELIZABETH <i>*08/24 POP-UP CLASS!</i>	8:30 AM (CC) RIP & RIDE CYCLE RACHEL
9:30 AM (VS) VINYASA FLOW TATIANA	8:30 AM (VS) MUSCLE & CORE SAM	8:30 AM (VS) FUNCTIONAL FIT SAM	9:30 AM (VS) ROCKIN' OLDIES DANCE JOJO	7:15 AM (RS) REFORMER PILATES FLOW STEPHANIE	8:30 AM (RS) POWER BEAT CYCLE STEPHANIE	9:30 AM (CS) CLASSIC BARRE ROBSON
10:30 AM (CS) CLASSIC BARRE ROBSON	9:30 AM (VS) ROCKIN' OLDIES JOJO	9:30 AM (VS) VINYASA FLOW TATIANA	10:30 AM (VS) FOREVER STRONG DIANNA	8:30 AM (VS) HIIT BOXING SUMMER	9:30 AM (RS) ATHLETIC REFORMER PILATES DAKOTA	9:30 AM (VS) SUNDAY CIRCUIT COLLIN
4:30 PM (RS) REFORMER PILATES FLOW TRACI	10:30 AM (VS) FOREVER STRONG DIANNA	10:30 AM (CS) CLASSIC BARRE ROBSON	11:30 AM (CS) BARRE TECHNIQUE DIANNA	9:30 AM (VS) VINYASA FLOW TATIANA	9:30 AM (CC) TURN IT UP CYCLE TRACI	10:30 AM (VS) ZUMBA ROBSON
5:30 PM (CS) BARRE BLEND TRACI	11:30 AM (CS) BARRE TECHNIQUE DIANNA	4:30 PM (RS) REFORMER PILATES FLOW TRACI	3:45 PM (RS) ATHLETIC REFORMER PILATES DAKOTA	6:30 PM (VS) ROCKIN' OLDIES JOJO <i>08/30 POP-UP CLASS!</i>	10:30 AM (RS) ATHLETIC REFORMER PILATES DAKOTA	
5:30 PM (CC) RIP & RIDE CYCLE RACHEL	12:30 PM (VS) PADDLE BOARD DIANNA <i>08/13 POP-UP CLASS!</i>	5:30 PM (VS) POWER SCULPT TRACI	4:45 PM (RS) ATHLETIC REFORMER PILATES DAKOTA			
5:30 PM (VS) FULL BODY SHRED COLLIN	5:30 PM (VS) MAT PILATES STEPHANIE	6:30 PM (CC) POWER BEAT CYCLE TRACI	5:30 PM (VS) MAT PILATES STEPHANIE			
6:30 PM (CC) POWER BEAT CYCLE TRACI	6:30 PM (CC) POWER BEAT CYCLE STEPHANIE	6:30 PM (CS) CLASSIC BARRE ROBSON	6:30 PM (RS) ATHLETIC REFORMER PILATES DAKOTA			
6:30 PM (VS) XTREME FIT CLAUDIA	6:30 PM (VS) HIIT DIANNA	7:30 PM (VS) ZUMBA ROBSON	6:30 PM (CC) POWER BEAT CYCLE STEPHANIE			
7:30 PM (VS/RD*) YOGA POWER FLOW ELIZABETH <i>*08/12 POP-UP CLASS!</i>	7:30 PM (CS) BARRE TECHNIQUE CLAUDIA		6:30 PM (VS) HIIT DIANNA			
	7:30 PM (VS) CAPO FLOW DIANNA <i>08/06 POP-UP CLASS!</i>		7:30 PM (VS) YOGA POWER FLOW ELIZABETH			

CC: CYCLE CLUB
CS: CORE STUDIO
RD: ROOFTOP DECK
RS: ROOFTOP STUDIO
VS: VITALITY STUDIO
SINGLE POP-UP CLASS



B U R B A N K
FITNESS CLUB
CLASS DESCRIPTIONS



BARRE BLEND	A low-impact, high-intensity class blending ballet, Pilates, and yoga-inspired movements to improve posture, flexibility, mobility, and stability.
BARRE TECHNIQUE	Similar to BARRE BLEND, focus on postural strength and alignment using various techniques that target your arms, core, legs, and glutes.
BOOT CAMP	Get a full-body, calorie-burning workout by mixing traditional calisthenics with high-intensity interval training and lighter-weight strength training.
CLASSIC BARRE	Barre is the foundation for all other ballet exercises. Tone up through pliés, élevés, and tendus, to enhance coordination and postural awareness.
CYCLE	This beat-based, calorie-burning ride will vary in resistance and intensity as you pedal your way through flat roads, hills, jumps, and sprints.
FOREVER STRONG	A low-impact class designed to build strength, flexibility, joint stability, and mobility; keeping you functional and vibrant for everyday life.
FULL BODY SHRED	Get ready for an epic shred sesh! Using kettlebells, dumbbells, risers, and more, this cardio-strength workout will work you from head to toe.
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 fat through a variety of high-intensity movements with short periods of active recovery.
HIIT BOXING	Learn the fundamentals of boxing from our experts! Full of conditioning drills, intervals, punches, and kicks, this class will surely make you feel the burn.
MAT PILATES	Focus on strength, stability, proper breath control, and flexibility by leveraging your body weight during this slower-paced, mat-based Pilates class.
MUSCLE & 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.
POWER SCULPT	Burn fat, build lean muscle mass, and power up with cardio, core, and strength training all wrapped into one full-body workout!
REFORMER PILATES	Similar to MAT PILATES, intensify your workout by using straps, springs, and a platform to lengthen, strengthen, and isolate your muscle groups.
ROCKIN' OLDIES	A high-energy fusion of dance styles set to the hottest beats. Perfect for all skill levels, come groove and embrace the urban vibe!
SUNDAY CIRCUIT	Switch up your Sunday by zooming through a series of circuit training stations! This class breaks down one full-body workout into several shorter rounds, keeping your mind and body fully engaged along the way.
SWEAT FEST	This slower-paced, anaerobic, form-focused class will help develop, maintain, and build lean muscle mass through strength and resistance training.
TOTAL BODY RESET	Using muscles from head to toe, this low-impact strength/mobility/cardio combo class will leave you feeling energized and ready for the day!
VINYASA FLOW	Find the connection between breath, mind, and movement, and feel aligned and rejuvenated after this restorative Vinyasa yoga 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	Boost your day while building a strong mind-body connection, incorporating yoga poses that focus on core, inversions, and balancing.
ZUMBA®	Get an endorphin boost and dance your way to results with this energizing, easy-to-follow class.

ALL CLASSES ARE BEGINNER FRIENDLY! RESERVATIONS REQUIRED.

RESERVATIONS MAY BE MADE THROUGH THE BURBANK FITNESS CLUB APP OR BY CALLING/TEXTING (818) 861-7530.