



BURBANK FITNESS CLUB MORNING 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
7:15 AM (RS) REFORMER PILATES FLOW BRI	8:30 AM (VS) DYNAMIC STRENGTH SAM	7:15 AM (RS) REFORMER PILATES FLOW BRI	7:15 AM (RS) ATHLETIC REFORMER PILATES DAKOTA	6:00 AM (VS) HIIT CLAUDIA	8:30 AM (CC) POWER BEAT CYCLE STEPHANIE	8:30 AM (CC) RIP & RIDE CYCLE RACHEL
7:30 AM (CC) REBEL RIDE CYCLE JOJO	9:30 AM (VS) BOOTS & BEATS DANCE JOJO	7:30 AM (CC) REBEL RIDE CYCLE JOJO	8:15 AM (RS) ATHLETIC REFORMER PILATES DAKOTA	7:15 AM (RS) REFORMER PILATES FLOW STEPHANIE	8:30 AM (VS) ATHLETIC REFORMER PILATES DAKOTA <i>11/16 POP-UP CLASS!</i>	9:30 AM (CS) CLASSIC BARRE ROBSON
8:15 AM (RS) REFORMER PILATES FLOW BRI	10:30 AM (VS) FOREVER STRONG DIANNA	8:15 AM (RS) REFORMER PILATES FLOW BRI	8:30 AM (VS) DYNAMIC STRENGTH SAM	7:30 AM (CC) REBEL RIDE CYCLE JOJO	8:30 AM (VS) YOGA POWER FLOW ELIZABETH	9:30 AM (VS) DYNAMIC STRENGTH SAM
8:30 AM (VS) STRETCH & TONE SUMMER	11:30 AM (CS) BARRE TECHNIQUE DIANNA	8:30 AM (VS) DYNAMIC STRENGTH SAM	9:30 AM (VS) BOOTS & BEATS DANCE JOJO	8:30 AM (VS) HIIT BOXING SUMMER	9:30 AM (CC) TURN IT UP CYCLE TRACI	10:30 AM (VS) ZUMBA ROBSON
9:30 AM (VS) VINYASA FLOW TATIANA		9:30 AM (VS) VINYASA FLOW TATIANA	10:30 AM (VS) FOREVER STRONG DIANNA	9:30 AM (VS) VINYASA FLOW TATIANA	9:30 AM (RS) ATHLETIC REFORMER PILATES DAKOTA	
10:30 AM (CS) CLASSIC BARRE ROBSON		10:30 AM (CS) CLASSIC BARRE ROBSON	11:30 AM (CS) BARRE TECHNIQUE DIANNA		10:30 AM (RS) ATHLETIC REFORMER PILATES DAKOTA	
			12:30 PM (VS) FOAM ROLL WORKSHOP DIANNA <i>11/14 POP-UP CLASS!</i>		10:30 AM (VS) CARDIO BOXING CLAUDIA <i>11/09 POP-UP CLASS!</i>	

CC: CYCLE CLUB | CS: CORE STUDIO | RD: ROOFTOP DECK | RS: ROOFTOP STUDIO | VS: VITALITY STUDIO

RESERVATIONS REQUIRED.

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

(818) 861-7530 · BURBANKFITNESSCLUB.COM · 226 E PALM AVE, BURBANK, CA 91502
HOURS: MON – THU: 5:45 AM – 10:00 PM · FRI: 5:45 AM – 9:00 PM · SAT – SUN: 7:00 AM – 7:00 PM



BURBANK FITNESS CLUB EVENING CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30 PM (RS) REFORMER PILATES FLOW TRACI	5:30 PM (VS) MAT PILATES STEPHANIE	4:30 PM (RS) REFORMER PILATES FLOW TRACI	4:30 PM (RS) REFORMER PILATES FLOW BRI	NONE	NONE	NONE
5:30 PM (CC) RIP & RIDE CYCLE RACHEL	6:30 PM (CC) POWER BEAT CYCLE STEPHANIE	5:30 PM (VS) POWER SCULPT TRACI	5:30 PM (RS) REFORMER PILATES FLOW BRI			
5:30 PM (CS) BARRE BLEND TRACI	6:30 PM (VS) HIIT DIANNA	6:30 PM (CC) POWER BEAT CYCLE TRACI	5:30 PM (VS) MAT PILATES STEPHANIE			
5:30 PM (VS) HIIT BOXING SUMMER	7:30 PM (CS) BARRE TECHNIQUE CLAUDIA	6:30 PM (CS) CLASSIC BARRE ROBSON	6:30 PM (CC) POWER BEAT CYCLE STEPHANIE			
6:30 PM (CC) POWER BEAT CYCLE TRACI	7:30 PM (VS) CAPOEIRA DYNAMICS DIANNA <i>11/19 POP-UP CLASS!</i>	7:30 PM (VS) ZUMBA ROBSON	6:30 PM (RS) REFORMER PILATES FLOW BRI			
6:30 PM (VS) XTREME FIT CLAUDIA			6:30 PM (VS) HIIT DIANNA			
7:30 PM (VS) YOGA POWER FLOW ELIZABETH			7:30 PM (VS) ADVANCED YOGA POWER FLOW ELIZABETH			

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B U R B A N K
FITNESSCLUB
CLASS DESCRIPTIONS



ADVANCED YOGA POWER FLOW	Further your practice with advanced poses that challenge your strength, balance, and flexibility, focusing on complex inversions and deep core work.
ATHLETIC REFORMER PILATES	Elevate your fitness with a dynamic fusion of strength, flexibility, and athletic conditioning on the Pilates reformer machine.
BARRE BLEND	Blend ballet-inspired movements with Pilates, strength training, and cardio for a full body workout that sculpts and tones with every session.
BARRE TECHNIQUE	Similar to BARRE BLEND, fuse ballet-inspired movements with strength training and cardio for a full body workout that tones, sculpts, and energizes.
BOOTS & BEATS DANCE	Dance your way to fitness with vibrant, high-energy routines set to the hottest beats for a full body workout that's as fun as it is effective.
CLASSIC BARRE	Experience the elegance of ballet with classic barre exercises that enhance strength, flexibility, and grace for a toned and sculpted physique.
DYNAMIC STRENGTH	Boost your performance by blending functional fitness with strength and conditioning exercises to prepare for practical, real-world scenarios.
FOREVER STRONG	A low-impact class designed to build strength, flexibility, joint stability, and mobility; keeping you functional and vibrant for everyday life.
HIIT	H.I.I.T: High Intensity Interval Training. Get your heart rate up through explosive bursts and recovery for maximum calorie burn and endurance.
HIIT BOXING	Combine conditioning drills, punches, and kicks with HIIT intervals to boost strength, endurance, and agility; all while torching calories.
MAT PILATES	Focus on strength, stability, breath control, and flexibility by leveraging your body weight during this slower paced, mat-based Pilates class.
POWER BEAT CYCLE	Push your limits with a dynamic cycling class featuring intense intervals and energizing beats for a powerful, full body workout.
POWER SCULPT	Maximize your workout with a powerful class that combines strength training and sculpting moves to build muscle and enhance your physique.
REBEL RIDE CYCLE	Defy the ordinary with intense intervals and heavy rock beats. WARNING: Expect a raw, rebellious playlist with explicit tracks that'll push your limits.
REFORMER PILATES FLOW	Experience a seamless blend of flowing movements and controlled resistance on the Pilates reformer, enhancing strength, flexibility, and core stability.
RIP & RIDE CYCLE	Pedal hard, tone up, and feel empowered during an exhilarating workout that blends high intensity cycling with strength training.
STRETCH & TONE	Revitalize your routine with a full-body stretch and mobility class designed to strengthen your core and enhance functional movement!
SUNRISE CYCLE	Start your day with an invigorating cycling class that combines rhythmic rides and energizing intervals for a refreshing, full body workout.
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!
TURN IT UP CYCLE	Ignite your ride with a high energy class packed with intense intervals and electrifying beats to push your limits and supercharge your workout.
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	Build a strong mind-body connection by incorporating yoga poses that focus on core, inversions, and balancing.
ZUMBA®	Ignite your passion for movement with an energetic dance class that blends fun, fitness, and rhythm to boost your confidence and coordination.