

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|---|--|--|
| Studio 1 | Studio 1 | Studio 1 | Studio 1 | Studio 1 | Studio 1 | Studio 1 |
| 6:15am-7am Cycle - Meridith 7:10am - 8:00am Melt - Corey 8:00am-8:45am Shredded - Corey 10am - 11am Steam - Ray 11am-12pm Zumba - Khalia 6:00pm - 6:45pm Cycle - Jamie 7pm-8pm Shredded - Ryan | 6:30am - 7:15am Cycle -TC 9am - 10am Ass, Arms, Abs - TC 10:45am -11:30am Cycle - Jamie 6pm -6:45pm Core Hard - TC 7pm - 8pm Pain&Pleasure - Connie 8:30pm - 10pm Kung Fu - Larry | 7am - 8am Melt - Iku 8am -8:45am Shredded - Iku 9am - 10am Steam - Ray 11am - 12pm Zumba - Khalia 12:15pm-1pm Cycle - Khalia 6:00pm - 6:45pm Cycle - Sarah 7pm-8pm Pain & Pleasure - Ryan | 6:30am - 7:15am Cycle - TC 7:30am-8:15am Shredded- Corey 11am - 12pm Ass, Arms &Abs - TC 12pm -1pm Yoga - Christine 6pm - 6:45pm Cycle - Jamie 7pm -8pm Shredded - Connie 8:30pm - 10pm Kung Fu - Larry | 6am - 6:45am Cycle - Meridith 7am - 7:50am Melt - Iku 9am -10am Steam - Ray 10:15am - 11am Cycle - Kim 11am - 12pm Zumba - Khalia 5:30pm - 6:15pm Cycle - TC | 8am -8:45am ABC Workout - Kim 9:15am - 10am Cycle - Chelsea 10:15am-11:15am Pain&Pleasure-Marko 2pm - 3:30pm Kung Fu - Larry | 8:30am-9:15am Cycle - Meridith 9:30am-10:30am Shredded - April 10:30am - 11:30 Cardio Dance - Iku |
| Studio 2 | Studio 2 | Studio 2 | Studio 2 | Studio 2 | Studio 2 | Studio 2 |
| 7:15am - 8:15am Yoga - Maire Rose 10am-11am Mat Pilates - Swazi 12:15pm-1:15pm Cardio Barre-Khalia 5pm - 6pm ***Boxing - Lloyd 6:15pm-7:15pm Power Yoga - Christine 7:30pm-8:30pm ***Boxing - Lloyd Synrgy 360 5:45pm-6:30pmRizzo 6:30pm-7:15pmRizzo | 7am-8am ***Kickboxing - Corey 10am-11am Fluidity Barre-April 12pm - 1pm Yoga - Justin 5pm-5:50pm ***Kickboxing - Steven 6pm-7pm Yoga - Maire Rose 7pm-7:50pm ***Boxing - Lloyd 8pm -9:15pm Power Yoga - Belinda Synrgy 360 5:45pm-6:30pm Rizzo 6:30pm-7:15pm Rizzo | 7:15am - 8:15am Yoga - Maire Rose 12pm - 1pm Yoga - Maire Rose 1pm -2pm ****Boxing - Lloyd 6:15pm - 7:15pm ***Boxing - Lloyd 7:30pm -8:30pm Power Yoga - Justin 7:30pm-8:30pm FLAG Boxing *** in Boxing Ring with Jill (sign up required/limited space) Synrgy 360 6pm-6:45pm - Todd | 6am -7am ***Kickboxing - Steven 10am-11am Mat Pilates - April 12:15-1:15pm ****Boxing - Lloyd 5pm-5:50pm ***Boxing - Lloyd 6:15pm-7:15pm Yoga - Maire Rose 7:15pm - 8:15pm ***Blood, Sweat n Tears Marko Synrgy 360 5:45pm-6:30pm Todd | 7am - 8am ***Kickboxing - Corey 8:15am - 9:15am Pilates Stretch - Vicki 12:15pm-1:15pm Cardio Barre - Khalia 5:30pm - 6:20pm ***Kickboxing - Steven 6:30pm - 8pm Power Yoga -Belinda Synrgy 360 12:30pm-1:15pmRizzo 5:30pm-6:15pm Todd | 9am - 10am **Kickboxing - Aileen 10:10am -11:10am Pilates/Stretch-April 11:15am-12:15pm ***Kickboxing-Corey 12:30pm - 1:45pm Yoga - Belinda | 9:30am-10:30am **Kickboxing -Steven 11:30am - 1pm YinYoga+Meditation Karoly |

***Boxing Gloves required

DAVIDBARTONGYM

Group Training @ DavidBartonGym

ABC Workout: This class combines strength, cardio, and endurance for all over body conditioning to maximize your body's performance!

Ass, Arms & Abs: Need we say more? Targeted strength work designed to blast the "featured" areas that want to look their best!

Core Hard: The Core - your body's vital source of strength! Body exercise techniques to balance, stabilize, strengthen and stretch your core.

Melt: An hour long high-intensity weight training class that will not only help you build stronger muscles and joints, but will keep your heart rate up and let you melt that fat away!!

Pain & Pleasure: No pain, no gain, that's the buzz about this 60 minute weight training class designed to add lean muscle mass to your body. Trainers will lead you through a workout targeting 3 muscle groups. Medium to heavy weights, multiple sets and active recovery segments will challenge you during the hour. Results are guaranteed.

Shredded: This class will take you to the edge of exhaustion and keep you there for the duration. No rest. Full out mix of barbell, dumbbell, and body weight exercises in a sequence that changes every few weeks.

Steam: High-intensity weight training with cardio intervals to try and keep your heart rate in the 75% target heart rate zone. Maintain a healthy heart and push past your comfort zone safely and effectively. Let's steam up those mirrors!

Synrgy 360: Multiple stations in 45 minutes. Sign up ahead of time and meet us by the boxing ring. This class will combine functional and high intensity training, so be prepared for a challenging full body workout!

Tread & Abs: Get your cardio on! Meet by the boxing ring for a treadmill sweat session - cardio intervals will get your heart rate up and get you burning off those calories. Then we will finish off with a killer core workout.

Zumba/Cardio Dance: A fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Fight Training @ DavidBartonGym

Boxing: A workout that is both cardiovascular and addicting. You'll go through a professional fighter's routine that will involve bag work, shadow boxing, skipping rope, lower body conditioning, ab work and flexibility training.

Kickboxing: Similar to boxing class but includes more of the lower body by using kicks - a high calorie burning, stress releasing workout.

Blood, Sweat'n Tears: Train like a fighter...or at least look like one. High repetition/explosive exercises and intense cardio movements will be integrated with boxing drills. This class will challenge your body and push you to your limits...or tears!

FLAG Boxing: Fight Like a Girl Boxing focuses on proper boxing technique, effective combinations, defense, and strength training. It can be a pre-cursor to sparring if you want to go there! Bring wraps and gloves - meet in THE RING!

Yoga, Pilates, & Barre @ DavidBartonGym

Yoga: A challenging workout using static and fluid postures. Increases your flexibility and maintains the range of motion in your joints. Creates a stronger body while releasing stress and fatigue. All levels are welcome.

Power Yoga: All of the above and then some! This workout incorporates fluidity of movement between poses, which makes for a more challenging experience. All poses can be modified.....so all levels are welcome!

Cardio Barre: Body sculpting and bar work with cardio bursts that will rev up your metabolism and get you long and lean

Mat Pilates: An exercise technique that began as a safe way to rehabilitate injuries has evolved into a workout discipline to strengthen "the center" of the body. Slow, progressive exercises work to lengthen and strengthen while increasing flexibility. All levels welcome.

Yogalates: This class is programmed to improve core strength & stabilization while increasing mobility and flexibility. This class stays true to it's true pilates roots while adding different elements of Vinyassa yoga as well as adding other diverse movement modalities.

Cycle @ DavidBartonGym

Cycle: An intense 45-minute cardio workout on a stationary bike, based on cycling principles. Classes emphasize technique with a focus on cadence, heart-rate zones, climbs and sprints that are fun, challenging and designed to leave you drenched with sweat!

Class Policies

For your safety & In consideration of others

1. Please mention any physical limitations to the instructor prior to the start of class.
2. Class is closed 10 minutes after the start time.
3. When entering a class late, please begin in the back of class.
4. If you will be modifying choreography, please do so away from the front of the class.
5. If you will be leaving class early, please exit as quietly as possible.
6. Street shoes are not permitted on the studio floor. Athletic shoes only.
7. Please respect classes in progress, keep voices down inside & outside the classroom door.
8. If you must bring a cell phone, please silence the ringer.

DavidBartonGym | Westside

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www.davidbartongym.com

Hours

Monday-Thursday 5am-11pm
Friday 5am-9pm
Sat-Sun 7am-7pm
Comments and questions:
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