

TORRANCE HEALTH & FITNESS CENTER

IN - PERSON GROUP EXERCISE SCHEDULE

TIME (PST)	MON	TUES	WED	THUR
Afternoon	Soulful Yoga Strength Constance 12:00p - 12:45p	TRX Fit 45 Danielle 12:00p - 12:45p	Powerhouse Ride Valerie 12:00p - 12:45p	Bootcamp Danielle 12:00p - 12:45p
Evening	Functional Fitness James 5:30p - 6:15p	Sculpt and Flow Courtney 5:30p - 6:15p	Power Yoga Vy 5:30p - 6:15p	Spin Fusion Alex 5:30p - 6:15p