



GROUP FITNESS SCHEDULE MAY 7TH 2022

WESTLAKE VILLAGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6a - 7a Pilates Plus			5:30a-6:15a * Cycle Express	8a-9a * Vinyasa Flow Yoga	
	<i>Fitness Studio, Anastasia</i>			<i>Cycle Studio, Anastasia</i>	Yoga Studio, Zach	
8:30a-9:20a * SCORCHED		8:00a- 9:15a Vinyasa Flow	8am - 9am Cardio Tone	6:30a - 7:00a Core Strength and Balance	8:00a-9:00a * Power Cycle	8:30a-9:30a * Yoga Sculpt
<i>Fitness Studio, Jeulia</i>		<i>Yoga Studio, Geri</i>	<i>Fitness Studio - Ray</i>	<i>Fitness Studio, Anastasia</i>	<i>Cycle Studio, Cindy</i>	<i>Fitness Studio, Ladan</i>
8:30a-9:30a * Primal Spin	8:30a-9:30a * Booty Boot Camp	8:30a-9:30a * Primal Spin	8AM HIIT Cycle on hiatus	8:30a-9:30a * TORCHED	9:00a-9:50a * HIIT/Circuit	9a-10:00a * Perf. Cycle
<i>Cycle Studio, Jason</i>	<i>Fitness Studio, Anastasia</i>	<i>Cycle Studio, Jason</i>		<i>Fitness Studio, Jason</i>	<i>Fitness Studio, Ray</i>	<i>Cycle Studio, Tami</i>
9:00a - 10:00a * MOTION	9:30a- 9:55a * Power HIIT	8:30a-9:20a * Cardio Barre	9a-10a * SCORCHED	8:30a-9:30a * Perf. Cycle	9:30a-10:30a * Primal Spin	9:30a - 10:00a Core
<i>Fitness Floor, Robert</i>	<i>Fitness Studio, Dolly</i>	<i>Fitness Studio, Maria</i>	<i>Fitness Studio, Jeulia</i>	<i>Cycle Studio, Bree</i>	<i>Cycle Studio, Adam</i>	<i>Fitness Studio - Jeulia</i>
9:30a-10:30a * STRONG	930a - 1030a * Spin	9:00a-10:00a * Bags	9:00a - 10:00a * MOTION	9:40a-10:30a * LIFT	10a-11a Pilates Reformer\$	10:00a - 10:30 - Cardio Sculpt
<i>Fitness Studio, Jason</i>	<i>Spin Studio, Adam</i>	<i>Basketball Courts - Jude</i>	Fitness Floor, Robert	<i>Fitness Studio, Jude</i>	<i>Pilates Studio, Shelby</i>	<i>Fitness Studio - Jeulia</i>
10:00a-11:00a * Aqua	9:30a-10:30a Pilates Reformer\$	9:30am - 10:00am Core	9:30a-10:30a * Primal Spin	10:00a-11:00a * Aqua	10a-11a Cardio Kick	11:00a-12:00p * Dance Fusion
<i>Pool, Nancy</i>	<i>Pilates Studio-Debi</i>	<i>Fitness Studio, Maria</i>	<i>Cycle Studio, Adam</i>	<i>Pool, Nancy</i>	<i>Fitness Studio - Ray</i>	<i>Fitness Studio, Irene</i>
10a-11a * Performance Cycle	10:00a-10:50a * Dance Fusion!	10:15a - 10:45a - Abs, Butt, Thighs	9:30a-10:30a Pilates Reformer\$	10:30a - 11:30ap * Zumba	11a-12p Pilates Mat	
<i>Cycle Studio, Heidi</i>	<i>Fitness Studio, Irene</i>	<i>Fitness Studio, Jude</i>	<i>Pilates Studio-Shelby</i>	<i>Yoga Studio, Magali</i>	<i>Fitness Studio - Nikki</i>	
10:30a - 11:30ap * Zumba	11a-12p * Pilates Mat	10:00a-11:00a * Aqua	10:00a-11:00a * Dance Fusion!	10:35a-11:25a * TOSOX Kickbox	12:15p-1:15p Lips n Hips	
<i>Yoga Studio, Magali</i>	<i>Fitness Studio, Nikki</i>	<i>Pool, Nancy</i>	<i>Fitness Studio, Irene</i>	<i>Fitness Studio, Jude</i>	Fitness Studio - Anastasia	
10:45a-12:00p * Pilates Fusion	12p-1:30p * Yoga	11:15a - 12:15p * Zumba	11:00-11:50 * Pilates Mat	11:30a-12:30p*Beyond Barre	Monthly - Next Class	
<i>Fitness Studio, Nikki</i>	<i>Yoga Studio, Solvei</i>	<i>Fitness Studio, Bella</i>	<i>Fitness Studio, Nikki</i>	<i>Fitness Studio, Maria</i>	Saturday, May 7th	
12:00p-1:00p * Dance Fusion			12p-1:30p * Yoga	12:30p-1:00p * Core	FOLLOW ATHLETIC SOCIETY ON SOCIAL MEDIA AND NEVER MISS AN UPDATE !	
<i>Fitness Studio, Irene</i>			<i>Yoga Studio, Solvei</i>	<i>Fitness Studio, Maria</i>		
5:00p-6:00p * Power Cycle	4:30p-5:30p * Aqua	5:00p-6:00p * Power Sculpt		1:00p - 2:00p * Restorative Yoga		
<i>Cycle Studio, Cindy</i>	<i>Pool, Debra</i>	<i>Fitness Studio, Lara</i>	4:30p-5:30p * H2O Plus	Fitness Studio, Jennifer		
5:30p-6:30p Pilates Mat	5:00p-5:50p * Power Sculpt	5:30p-6:30p * Pilates Mat	<i>Pool, Diana</i>			
<i>Yoga Studio, Geri</i>	<i>Fitness Studio, Cathy</i>	<i>Yoga Studio, Geri</i>	5:00p-6:00p * HIIT Training			
6:00p-7:00p * Kickbox Sculpt	6:00p-7:00p * Beyond Barre	5:30p-6:30p * Rhythm Ride	<i>Fitness Studio, Sally</i>			
<i>Fitness Studio, Ray</i>	<i>Fitness Studio, Karen</i>	<i>Cycle Studio, Steve</i>	5:00p-6:00p * Road Ride			
7:15p-8:15p * PlyoJam	6:00p-7:15p * Yoga	6:30p-7:30p * TOSO STEP	<i>Cycle Studio, Steve</i>			
<i>Fitness Studio, Kaytee</i>	<i>Yoga Studio, Geri</i>	<i>Fitness Studio, Jude</i>	5:30p-6:30p * Intro to Pilates Reformer\$			
			<i>Pilates Studio, Shelby</i>			



Athletic Society Westlake Village
 2400 Willow Lane, Thousand Oaks, CA - 805 - 778-0888
 www.athleticsociety.com

HOURS | Monday - Thursday: 4:30am - 11pm | Friday: 4:30am - 10pm | Saturday and Sunday: 6am - 9pm

To provide feedback on our Group Fitness program, contact Anastasia at groupfitnesswestlakevillage@athleticsociety.com

HIGHLIGHTED CLASSES ARE FEATURE CLASSES. THEY ARE ON THE SCHEDULE FOR 4-6 WEEKS AFTER WHICH **YOUR ATTENDANCE** DECIDES IF THEY STAY!