

G Way Fitness

23241 Ventura Blvd. #119, Woodland Hills, CA 91364

818-854-6430 (studio), 818-681-8831 (cell), <http://www.gwayfitness.com>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00am Early Bird Pump Grisha		5:00-6:00am Early Bird Pump Grisha				
6:00-7:00am Boot Camp Grisha		6:00-7:00am Boot Camp Grisha		6:00-7:00am Boot Camp Bobby		
8:30-9:30am Cardio Kickboxing Grisha	8:30-9:30am Sculpt 'n' Tone Bobby	8:30-9:30am Cardio Kickboxing Grisha	8:30-9:30am Body Conditioning Bobby	8:30-9:30am Cardio Kickboxing Bobby	8:00-9:00am Cardio Boxing Kristen	8:00-9:00am Body Blaster Bobby
9:30-10:30am Body Blaster Bobby	9:30-10:30am Boxing 'n' Conditioning Hristo	9:45-10:45am Body Blaster Bobby	9:30-10:30am Boxing 'n' Conditioning Hristo	9:30-10:30am Abs & Stretch Bobby	9:00-10:00am Interval Station Training Grisha	9:30-10:30am Boxing 'n' Conditioning Grisha
			4:30-5:30pm Teens Circuit Training Yael			
4:30-5:30pm Cardio Dance* Nancy			5:30-6:30pm Cardio Dance* Nancy			
6:30-7:30pm Boxing 'n' Conditioning Bobby	6:30-7:30pm Boxing Plus Grisha	6:30-7:30pm Boxing 'n' More Bobby	6:30-7:30pm Boxing 'n' Conditioning Grisha			
7:30-8:30pm Interval Station Training Bobby	7:30-8:30pm Yoga Betty					

Fee Schedule	
Single Class	\$15.00
10 Classes	\$100.00
Unlimited Month	\$130.00

*Cardio Dance is a class for teens and adults with Down Syndrome and other developmental disabilities.