

BOEING Seal Beach Fitness



Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 - 6:45 a.m.	Cycle		Cycle		Cycle
11:45 - 12:30	Cycle	Cycle	Cycle	Cycle	Cycle
11:45 - 12:30	CrossFit 11:30-12:30	Sculpt	Cardio Circuit	ZUMBA	Cardio Circuit
4:00 - 4:30	Ab Blaster (4-4:15)	TKO Fitness 4-4:45	Ab Blaster (4-4:15)	Xpress Fitness	
4:30 - 5:30	Yoga		Pilates		Cycle 4-5 on Fridays
5:00 - 6:00	Cycle	15/30/15	Cycle	Step & Sculpt	
			Yoga (5:30-6:30)		

(562) 797-3612

boingsealbeachfitnesscenter.com

2011 Group Exercise Schedule