

BOEING Seal Beach Fitness



Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 - 6:45 a.m.	Cycle		Cycle		Cycle
6:45 - 7:30 a.m.					Stretch, Balance & Strengthen
6:30 - 7:15 a.m.		Cycle		Cycle	
11:45 - 12:30	Cycle	Cycle	Cycle	Cycle	Cycle
11:30 - 11:45	CrossFit 11:30 - 12:30	<i>Ab Blaster</i>	Core Conditioning	<i>Ab Blaster</i>	Core Conditioning
11:45 - 12:30		Sculpt	Cardio Circuit	Cardio Sculpt	Cardio Circuit
3:00 - 4:00	Back to Basics		Back to Basics		
4:30 - 5:30	Yoga	15/30/15	Pilates	15/30/15	Cycle 4 - 5 on Friday
5:00 - 6:00	Cycle	Cycle	Cycle	Cycle	
5:30 - 6:30		Step/Sculpt	Yoga	Step/Sculpt	Yoga 4-5 on Friday

(562) 797-3612

boeingsealbeachfitnesscenter.com

Group Exercise Schedule