



FITNESS CLASSES SCHEDULE

Monday

3:45-4:30 PM Adult Circuit
6:30-7:15 PM Teen Boxing 

Tuesday

12:30-1:15 PM Adult Yoga
4:30-5:15 PM Teen Circuit
5:30-6:15 PM Adult Boxing 

Wednesday

4:30-5:15 PM Teen Circuit
5:30-6:15 PM Adult Circuit
6:30-7:15 PM Adult Boxing

Thursday

4-4:45 PM Kids Circuit
5-5:45 PM Teen Zumba
6-6:45 PM Adult Zumba

Friday

2-2:45 PM Adult Circuit
3:30-4:15 PM Adult Yoga
3:30-4:15 PM Adult Zumba 
4:30-5:15 PM Teen Yoga

Saturday

1:30-2:15 PM Teen Circuit 
2:30-3:15 PM Adult Circuit 

Sunday

9-9:45 AM Kids Circuit
10-10:45 AM Teen Circuit
11-11:45 AM Adult Circuit
12-12:45 AM Adult Circuit

NEW CLASSES = 

Age Groups

Kids: 6-10 yrs old ~ **Teen: 11-17 yrs old** ~ **Adult: 18+ yrs old**

CONTACT TAHLIA TO SIGN UP: TAHLIA@ZOOZFITNESS.COM

JOIN TEAM ZOOZ

ADAPTIVE. INCLUSIVE. ACTIVE.

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