

## ZOOZ Fitness - Weekly Group Class Schedule



| Sunday                            | Monday                                    | Tuesday                       | Wednesday                      | Thursday                          | Friday                           | Saturday |
|-----------------------------------|---|-------------------------------|--------------------------------|-----------------------------------|----------------------------------|----------|
| Teen Circuit<br>(10a-10:50a)      | Adult Circuit<br>(3:45p - 4:30p)          |                               |                                |                                   |                                  |          |
| Adult Circuit<br>(11a-11:50a)     | Kid/Teen<br>Martial Arts<br>(4:30p-5:15p) |                               |                                |                                   |                                  |          |
| Virtual Circuit<br>(12:30p-1:20p) | Adult Martial<br>Arts (5:15p -<br>6p)     | Teen Circuit<br>(4:30p-5:20p) | Teen Circuit<br>(4:30p-5:20p)  |                                   | Yoga<br>(4p - 4:50p)<br>Ages 14+ |          |
|                                   |   |                               | Adult Circuit<br>(5:30p-6:20p) | ZUMBA -<br>(6p-6:50p)<br>Ages 14+ |                                  |          |

### **Class Names & Ages:**

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| <b>Teen Circuit (13-17)</b><br><b>Adult Circuit (18+)</b><br><b>Yoga (14+)</b> | <b>ZUMBA (14+)</b><br><b>Virtual (all ages welcome)</b><br><b>Martial Arts (12+)</b> |
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