

## ZOOZ Fitness - *Weekly Group Class Schedule*



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

**Class Location - ZOOZ Fitness HQ - 17650 Ventura Blvd. Encino, CA 91316**

**Class Names & Ages:**

Teen Circuit (13-17) Adult Circuit (18+) Yoga (14+)	ZUMBA (14+) Virtual (all ages welcome) Martial Arts (12+)
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