

WESTSIDE

ICONFIT

Class Schedule | 12.1.19 to 12.31.19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio 1	Studio 1	Studio 1	Studio 1	Studio 1	Studio 1	Studio 1
6:15am-7am Cycle - Meridith	6am-6:45am Cycle - Meredith	7am - 8am Melt - Iku	6am -7am ***Kickboxing - Steven	6am-6:45am Cycle - TC	7:30am-8:15am ABC Workout - Kim	8:30am-9:15am Cycle - Meridith
7:10am - 8:00am Melt - Iku	7am-8am ***Kickboxing - Corey	8am -8:45am Shredded - Iku	7:30am-8:15am Shredded- Corey	7am-8am Kickboxing - Corey	8:20am - 9:05am Cycle - Chelsea	9:30am-10:30am Shredded - TC
8am-8:45am Shredded - Iku	9am - 10am Ass,Arms,Abs-Maryam	9am - 10am Steam - Ray	8:30am-9:30am Yoga - Christine	7am - 7:50am Melt - Iku	9:10am - 10:10am Kickboxing - Aileen	***IN THE RING 9:30am-10:30am
9am-10am Mat Pilates - Iku	10am-11am Fluidity Barre-April	10am-10:45am Cycle - Khalia	10am-11am Mat Pilates - April	***IN THE RING 8am - 9am	10:20am -11:15am Pilates/Stretch-April	**Kickboxing -Steven 10:30am - 11:30am
10am - 11am Steam - Ray	11:15am -12pm Cycle - Jamie	11am - 12pm Zumba - Khalia	11am - 12pm Ass, Arms &Abs -April	Pilates Stretch - Vicki 9am -10am	10:15am-11:15am Pain+Pleasure - Marko	Cardio Dance - Iku 11:30am - 1pm
11am-12pm Zumba - Khalia	12pm - 1pm Yoga - Maire Rose	12pm - 1pm Yoga - Maire Rose	12:15pm-1:15pm ***Boxing - Lloyd	Steam - Ray 10:15am - 11am	***IN THE RING 11:25am-12:20pm	YinYoga+Meditation Karoly
12:15pm-1:15pm Cardio Barre-Khalia	5pm-5:50pm ***Kickboxing - Steven	1:15pm-2:15pm ***Boxing - Lloyd	5pm-5:50pm ***Boxing - Lloyd	Cycle - Kim 11am - 12pm	12:30pm - 1:45pm	
5pm - 5:55pm ***Boxing - Lloyd	6pm-7pm Yoga - Maire Rose	5:30pm - 6:15pm Cycle - Sarah	6pm - 6:45pm Cycle - Jacqueline	Zumba - Khalia 12:15pm-1:15pm	Yoga - Belinda 2pm - 3:30pm	
6:00pm - 6:45pm Cycle - Jamie	7:05pm-7:55pm ***Boxing - Lloyd	6:20pm - 7:20pm ***Boxing - Lloyd	7pm-8pm Yoga - Maire Rose	Cardio Barre - Jamie 4:45pm - 5:30pm	Kung Fu - Larry	
6:50pm -7:50pm Boxing - Lloyd	7:15pm -8:15pm Ripped - Ryan	7pm-8pm Pain & Pleasure-Connie	7pm -8pm Ripped - Ryan	Cycle - TC 5:30pm - 6:20pm		
7:15pm-8:15pm Shredded-Connie	***IN THE RING 8:05pm -9:20pm	***IN THE RING 7:30pm -8:30pm	***IN THE RING 8:30pm - 10pm	***Kickboxing - Steven 6:30pm - 8pm		
***IN THE RING 8pm-8:55pm	Power Yoga - Belinda	Power Yoga - MaireRose	Kung Fu - Larry	Power Yoga -Belinda		
9pm - 10pm Kung Fu - Larry		8pm-9pm FLAG Boxing *** in Boxing Ring with Jill (sign up required/limited space)				
Synrgy 360 5:45pm-6:30pm Rizzo 6:30pm-7:15pm Rizzo	Synrgy 360 5:45pm-6:30pm Rizzo 6:30pm-7:15pm Rizzo	Synrgy 360 6pm-6:45pm - Todd	Synrgy 360 5:45pm-6:30pm Todd	Synrgy 360 12:30pm-1:15pm Rizzo 5:30pm-6:15pm Todd		

***Boxing Gloves required

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Group Training @ IconFit

ABC Workout: This class combines strength, cardio, and endurance for all over body conditioning to maximize your body's performance!

Ass, Arms & Abs: Need we say more? Targeted strength work designed to blast the "featured" areas that want to look their best!

Get Ripped: Take your fitness to the next level with this full body plyometric workout. Step out of the mundane, and step up for the challenge to train as the special forces, and MMA athletes do!

Melt: An hour long high-intensity weight training class that will not only help you build stronger muscles and joints, but will keep your heart rate up and let you melt that fat away!!

Pain & Pleasure: No pain, no gain, that's the buzz about this 60 minute weight training class designed to add lean muscle mass to your body. Medium to heavy weights, multiple sets and active recovery segments will challenge you during the hour. Results are guaranteed.

Shredded: This class will take you to the edge of exhaustion and keep you there for the duration. No rest. Full out mix of barbell, dumbbell, and body weight exercises in a sequence that changes every few weeks.

Steam: High-intensity weight training with cardio intervals to try and keep your heart rate in the 75% target heart rate zone. Maintain a healthy heart and push past your comfort zone safely and effectively. Let's steam up those mirrors!

Synrgy 360: Multiple stations in 45 minutes. Sign up ahead of time and meet us by the boxing ring. This class will combine functional and high intensity training, so be prepared for a challenging full body workout!

Tread & Abs: Get your cardio on! Meet by the boxing ring for a treadmill sweat session - cardio intervals will get your heart rate up and get you burning off those calories. Then we will finish off with a killer core workout.

Zumba/Cardio Dance: A fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Fight Training @ IconFit

Boxing: A workout that is both cardiovascular and addicting. You'll go through a professional fighter's routine that will involve bag work, shadow boxing, skipping rope, lower body conditioning, ab work and flexibility training.

Kickboxing: Similar to boxing class but includes more of the lower body by using kicks - a high calorie burning, stress releasing workout.

Blood, Sweat'n Tears: Train like a fighter...or at least look like one. High repetition/explosive exercises and intense cardio movements will be integrated with boxing drills. This class will challenge your body and push you to your limits...or tears!

FLAG Boxing: Fight Like a Girl Boxing focuses on proper boxing technique, effective combinations, defense, and strength training. It can be a pre-cursor to sparring if you want to go there! Bring wraps and gloves - meet in THE RING!

Yoga, Pilates, & Barre @ IconFit

Yoga: A challenging workout using static and fluid postures. Increases your flexibility and maintains the range of motion in your joints. Creates a stronger body while releasing stress and fatigue. All levels are welcome.

Power Yoga: All of the above and then some! This workout incorporates fluidity of movement between poses, which makes for a more challenging experience. All poses can be modified.....so all levels are welcome!

Cardio Barre: Body sculpting and bar work with cardio bursts that will rev up your metabolism and get you long and lean

Mat Pilates: An exercise technique that began as a safe way to rehabilitate injuries has evolved into a workout discipline to strengthen "the center" of the body. Slow, progressive exercises work to lengthen and strengthen while increasing flexibility. All levels welcome.

Yogalates: This class is programmed to improve core strength & stabilization while increasing mobility and flexibility. This class stays true to it's true pilates roots while adding different elements of Vinyassa yoga as well as adding other diverse movement modalities.

Cycle @ IconFit

Cycle: An intense 45-minute cardio workout on a stationary bike, based on cycling principles. Classes emphasize technique with a focus on cadence, heart-rate zones, climbs and sprints that are fun, challenging and designed to leave you drenched with sweat!

Class Policies

For your safety

& In consideration of others

1. Please mention any physical limitations to the instructor prior to the start of class.
2. Class is closed 10 minutes after the start time.
3. When entering a class late, please begin in the back of class.
4. If you will be modifying choreography, please do so away from the front of the class.
5. If you will be leaving class early, please exit as quietly as possible.
6. Street shoes are not permitted on the studio floor. Athletic shoes only.
7. Please respect classes in progress, keep voices down inside & outside the classroom door.
8. If you must bring a cell phone, please silence the ringer.

IconFit | Westside

12100 W Olympic Blvd
Los Angeles, CA 90064
310.836.8000
www.iconfit.com

Hours

Monday-Thursday 5am-11pm
Friday 5am-9pm
Sat-Sun 7am-7pm
Comments and questions:
westside@iconfit.com