



BUSINESS HOURS:
 MON - THURS: 5 AM - 10 PM
 FRIDAY: 5 AM - 9 PM
 SATURDAY: 7 AM - 6 PM
 SUNDAY: 8 AM - 5 PM
 (626) 304-3000

2016		FITNESS & CYCLING						
TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
MORNING			CYCLING 🚲 6:00 AM RALPH				KETTLEBELL 8:30 AM CANDIE	
	CYCLING 🚲 9:00 AM DEZ	CYCLING 🚲 8:30 AM SANDY	CYCLING 🚲 9:00 AM RALPH	CYCLING 🚲 8:30 AM DANA	CYCLING 🚲 9:00 AM DEZ	CYCLING 🚲 9:00 AM DANA	CYCLING 🚲 9:00 AM BRENT	
		PILATES SCULPT 9:30 AM SANDY				BURN & FIRM 10:00 AM SANDY		
EVENING		ZUMBA 5:30 PM MARIANA	BARRE-FIT 5:30 PM NIORIA			BOOTCAMP 11:00 AM JULIAN		
	PILATES SCULPT 6:30 PM SANDY	CYCLING 🚲 6:30 PM RALPH	CYCLING 🚲 6:30 PM BRENT					
	CYCLING 🚲 6:30 PM RALPH	KETTLEBELL 6:30 PM CANDIE	CORE JAM 6:30 PM MARK					
	BOOTCAMP 7:30 PM LEO							
	NEW CLASS/INSTRUCTOR					KIDS CLUB		
						Mon thru Fri	8:30 AM - 12:00 PM	
						Mon thru Thurs	4:30 PM - 8:00 PM	
						Saturday	8:30 AM - 12:00 PM	

WWW.TRIFECTAFITSPORT.COM

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING		KICKBOXING 6:00 AM LEO		KICKBOXING 6:00 AM ISMAEL		KICKBOXING 9:00 AM JOSEPH DEL REAL	KICKBOXING 10:00 AM LEO
	KICKBOXING 9:30 AM STEPHANIE	KICKBOXING 9:30 AM JOSEPH DEL REAL	KICKBOXING 10:00 AM RALPH	KICKBOXING 9:30 AM JOSEPH DEL REAL	KICKBOXING 9:30 AM JOSEPH DEL REAL	KICKBOXING 10:00 AM JULIAN	
EVENING	MUAY THAI (BOXING RING) 5:30 PM ATTILA	KICKBOXING 5:30 PM CANDIE	KICKBOXING 5:30 PM ATTILA	KICKBOXING 5:30 PM JULIAN	KICKBOXING 5:30 PM RALPH	BOXING (BOXING RING) 10:00 AM TOM OSUNA	
	KICKBOXING 5:30 PM JULIAN	BOXING (BOXING RING) 6:30 PM TOM OSUNA	KICKBOXING 6:30 PM LEO	BOXING (BOXING RING) 6:30 PM TOM OSUNA			
	KICKBOXING 6:30 PM ATTILA	KICKBOXING 7:30 PM RALPH	MUAY THAI (BOXING RING) 6:30 PM ATTILA	KICKBOXING 6:30 PM RALPH			
	KICKBOXING 7:30 PM JULIAN		KICKBOXING 7:30 PM LEO	KICKBOXING 7:30 PM RALPH			

