

TANTRUM FITNESS

www.TantrumFitness.com • 1590 W. Grand Ave, Grover Beach • (805) 474-9928

2019

MON TUES WED THURS FRI SAT

BOOT CAMPS NOW ENROLLING!

8:00-8:55am
Barre
Ashley

9:30-10:25am Cycle Lauren	9:30-10:25am  ZUMBA Diane	9:30-10:25am  Cycle Circuit	9:30-10:25am  ZUMBA Diane	9:30-10:25am Cycle Circuit Mariah	9:00-9:55 am  ZUMBA Diane & Vitaliia
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10:30-11:25pm Yoga Sculpt Sigrid	10:30-11:25pm Barre Courtney		10:30-11:25pm Barre Courtney	10:30-11:25am  ZUMBA Mariah	
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	11:30-12:25pm Gentle Yoga Mireya		11:30-12:25pm Gentle Yoga Mireya	#ThrowYourFit	
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5:30-6:25pm Cycle Circuit Lauren	5:30-6:25pm BODY ROCK Ruby	5:30-6:25pm  Cycle Circuit	5:30-6:25pm BoxMania Ruby		
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6:30-7:25pm Hip Hop Fitness Vitaliia	6:30-7:25pm  Barre	6:30-7:25pm  Tyler	6:30-7:25pm  Barre
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7:30-8:30pm Pole Fitness Sammie	7:30-8:30pm Burlesque Amanda		7:30-8:30pm Pole Fitness Sammie
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*Open 5 am to midnight with access to
cardio machines and weights!*