

TANTRUM FITNESS

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

2020

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
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	
	11:30-12:25pm Gentle Yoga Mireya		11:30-12:25pm Gentle Yoga Mireya	#ThrowYourFit	
5:30-6:25pm HIIT Vitaliia	5:30-6:25pm Box Mania Ruby	5:30-6:25pm  Cycle Circuit	5:30-6:25pm Box Mania Ruby		
6:30-7:25pm Hip Hop Fitness Vitaliia	6:30-7:25pm  Barre	6:30-7:25pm  Tyler	6:30-7:25pm  Barre		
7:30-8:30pm Pole Fitness Sammie	7:30-8:30pm Burlesque Amanda		7:30-8:30pm Pole Fitness Sammie		
Open 5 am to midnight with access to cardio machines and weights!					