















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8AM  Outdoor Conditioning Keith	9AM  Yoga Julie	8AM  Outdoor Conditioning Keith	9AM  Yoga Julie	9:30AM  Yoga Sculpt Deidre		8AM  Outdoor Conditioning Keith
		9:30AM  Yoga Sculpt Deidre			9AM  Zumba Jessica	



June 2021 CLASS SCHEDULE

	5PM  Yoga Julie		5PM  Yoga Julie
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6:30PM  Zumba Jessica	6:30PM  Zumba Gloria	6:30PM  Zumba Gloria	6:30PM  Zumba Gloria
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- **Warming up is a vital part of exercise. If you are more than 10 minutes late, be sure to join us for the next class.**
- **Closed toe athletic shoes and athletic wear are required for all classes except Yoga.**
- **Please avoid using scented products.**
- **Classes are subject to change based on instructor availability and substitutions.**
- **All classes are 50 minutes.**

Fitness Center Hours:
 Monday - Friday 6:00am - 9:00pm
 Saturday - Sunday 6:00am - 8:00pm

Braemar Country Club
 4001 Reseda Blvd.
 Tarzana, CA 91356
 818.345.6520