

Torrance Fitness Center

In-Person Group Exercise

TIME (PST)	MON	TUES	WED	THUR	FRI
Morning		Yoga MJ 7:00a - 7:45a	Abs on Fire Danielle 7:00a - 7:30a		
Afternoon	Functional Fitness (Outdoor) Alex 12:00p - 12:45p	Full Body Circuit Danny 12:00p - 12:30p	Indoor Cycling Denine 12:00p - 12:45p	Bootcamp Danielle 12:00p - 12:45p	Roll & Recover Jordan 12:00p - 12:45p
Evening	Indoor Cycling Denine 5:30p - 6:15p		Yoga MJ 5:30p - 6:15p	Strength & Spin Alex 5:30p - 6:15p	

To reserve your spot for any offered class, please email us confirming your attendance at Torrance_Fitness_Center@na.honda.com. Please include the class title, day & time. Thank you!