



GROUP CLASSES SCHEDULE

Walk-in classes

MONDAY

9:30 - 10:30am BEAT CARDIO • *Nathalie Bordeaux*
5:30 - 6:25pm BOX BASH • *Mike Bash*
6:30 - 7:25pm BEAT CARDIO • *Nathalie Bordeaux*
7:45 - 8:40pm MONDAY NIGHT WITH BUBBA

TUESDAY

8:30 - 9:25am BEAT CARDIO (*Bags Optional*) • *Nathalie Bordeaux*
9:30 - 10:25am BOOTY CAMP • *Nathalie Bordeaux*
6:30 - 7:25 pm BEAT CARDIO • *Nathalie Bordeaux*

WEDNESDAY

9:30 - 10:30am BEAT CARDIO • *Nathalie Bordeaux*
6:30 - 7:25pm BEAT PUMP • *Mike Bash*
7:30 - 8:25pm BOOTY CAMP • *Mike Bash*

THURSDAY

8:30 - 9:25am BEAT CARDIO KICKBOXING - *Nathalie Bordeaux*
9:30 - 10:25am BOOTY CAMP • *Nathalie Bordeaux*
6:30 - 7:25pm BEAT CARDIO • *Nathalie Bordeaux*

FRIDAY

9:30 - 10:30am 9:30AM WITH BUBBA
\$15 at the door

SATURDAY

7:15 - 8:15am SATURDAY MORNING WITH BUBBA
9:00 - 10am BEAT CARDIO • *Nathalie Bordeaux*
10:15 - 11:15am BOOTY CAMP • *Nathalie Bordeaux*
11:30am - 12:30pm BEAT BASH • *Mike Bash*

SUNDAY

8:30 - 9:30am BOXING BOOT CAMP • *Nathalie Bordeaux*
9:45 - 11am BEAT CARDIO • *Nathalie Bordeaux*

1ST CLASS IS FREE!!

Single class - \$17

CLASS PACKAGES

10 class package – 160 dollars (\$16 per class)

20 class package – 300 dollars (\$15 per class)

30 class package – 420 dollars (\$14 per class)

*** CLASS PACKAGES EXPIRE ONE YEAR AFTER PURCHASE. ***

ALL CLASSES SUBJECT TO CHANGE WITHOUT NOTICE

4348 Woodman Ave., Sherman Oaks CA 91423

Tel (818) 205-2100

thebeatfitness@yahoo.com

www.thebeatfitness.com



Nathalie Bordeaux
Group personal training (PT)

By appointment only

MONDAY

8:15 - 9:15am

TUESDAY

5:30 - 6:25pm & 7:30 - 8:25pm

WEDNESDAY

8:15 - 9:15am

THURSDAY

5:30 - 6:25pm & 7:30 - 8:25pm

4 WEEK GROUP TRAINING: \$375

10 SESSIONS GROUP TRAINING: \$350

Expires 60 days after the day of your first session

20 sessions Group Training: \$600

Expires 90 days after the day of your first session

ONE-ON-ONE PERSONAL TRAINING

*is available
to check availability*

**call (818) 205-2100 or
e-mail thebeatfitness@yahoo.com**

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