

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11am						Boxing and Circuits
12pm		Boxing and Circuits				Boxing and Circuits
5:10pm			Yoga			
6:30pm				Interval Training		

Class Descriptions:

Classes are 50 minutes

re+active Torrance studio

3848 West Carson St. Suite 110

Torrance, CA 90503

Boxing and Circuits: Boxing, cardio, and brain challenges- this class has ALL the brain changing fun!

Interval Training: cardio focused interval class

Yoga: all levels restorative yoga class; seated and standing options

