



The first Calisthenics and Boxing Gym in the Valley! Learn to lift, move and control your bodyweight. Become a part of the #CalisthenicsMovement today!

14801 VENTURA BLVD SHERMAN OAKS 91403 | 818.839.1860 | [BURNNSHED.COM](http://BURNNSHED.COM)

GYM HOURS: MON-FRI 6AM-11PM | SAT-SUN 7AM-10PM

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## SCHOOL OF STRENGTH CLASS SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am	Burn N Shed™ Stretch/Mobility Derek	Burn N Shed™ joz.	Animal Flow Andrés	Burn N Shed™ joz.	Animal Flow Andrés	Burn N Shed™ Stretch/Mobility Derek	Burn N Shed™ joz.
9:00 am							Zumba Gina
10:00 am	Groov3 Jennifer	Zumba Gina	Zumba Gina	Zumba Gina			Animal Flow Andrés
10:00 am							Kidz Boxing Parrish
11:00 am							Intermediate Boxing Parrish
12:00 pm		Burn N Shed™ joz.	Animal Flow Andrés	Burn N Shed™ joz.	Animal Flow Andrés	Burn N Shed™ joz.	
4:30 pm			Rahyz Cary Fitness 7+ Jay	Kidz Hip Hop 7-12 Winter	Rahyz Cary Fitness 7+ Jay		
5:30 pm			Kidz Boxing Parrish & Sal		Kidz Boxing Parrish & Sal		
5:30 pm		Burn N Shed™ joz.	Burn N Shed™ joz.	Burn N Shed™ joz.	Burn N Shed™ joz.	Burn N Shed™ joz.	
6:30 pm		Animal Flow Andrés	Intro to Boxing Parrish & Sal	Animal Flow Andrés	Intro to Boxing Parrish & Sal		
7:30 pm		Burn N Shed™ joz.	Burn N Shed™ Andrés	Burn N Shed™ joz.	Burn N Shed™ Andrés	Burn N Shed™ joz.	
7:30 pm			Intermediate Boxing Parrish & Sal		Intermediate Boxing Parrish & Sal		
8:30 pm				Groov3 Jennifer		Groov3 w/ DJ Kieffer Jennifer	

\*Classes are subject to change without notice