



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

GYM HOURS: MON-FRI 630AM-10PM | SAT-SUN 7AM-830PM

FB: BurnNShed.LosAngeles | IG: @BurnNShed | Twitter: @BurnNShed | Email: GetStronger@BurnNShed.com

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							Animal Flow Andrés
10:00 am	Groov3 Jennifer			Zumba Gina			Zumba Gina
10:00 am							Kids Boxing Parrish
10:00 am							Beginner Calisthenics Thomas & Aramis
11:00 am							Int/Adv Calisthenics Thomas & Cameron
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 Street Movement Jay		Rahyz Cary Street Movement Jay		
5:00 pm		MonkeyBarzFit Jerry & Christine		MonkeyBarzFit Jerry & Christine		MonkeyBarzFit Jerry & Christine	
5:30 pm			Kids Boxing Parrish & Sal		Kids 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.	
6:00 pm		Beginner Calisthenics Thomas & Aramis		Beginner Calisthenics Thomas & Aramis			
6:30 pm		Animal Flow Andrés	Burn N Shed™ Stretch/Mobility Derek	Animal Flow Andrés	Burn N Shed™ Stretch/Mobility Dave		
6:30 pm			Intro to Boxing Parrish		Intro to Boxing Parrish & Sal		
7:00 pm		Int/Adv Calisthenics Thomas & Cameron		Int/Adv Calisthenics Thomas & Cameron			
7:30 pm		Burn N Shed™ joz.	Burn N Shed™ Andrés	Burn N Shed™ joz.	Burn N Shed™ Andrés	Burn N Shed™ joz. & Clinton	
7:30 pm			Intermediate Boxing Parrish & Sal		Intermediate Boxing Parrish & Sal	Groov3 w/ DJ Kieffer Jennifer	
8:30 pm				Groov3 Jennifer		Funky Fresh Fridays Various DJs & Dancers	

SUMMER SALE:
\$49.50 for 12 months or
\$65.00 for 6 months

PRICING PLANS

ONE DAY/PACKS	
Open Gym	\$10.00
Class Drop-In	\$20.00
10-Class Package	\$150.00
GYM ONLY - Unlimited Access	
Gold Gym Contract	\$50.00
Gold Gym Monthly	\$65.00
CLASSES ONLY - Unlimited Classes	
Platinum Contract	\$85.00
Platinum Monthly	\$99.00
CLASSES & GYM - Unlimited	
Red Contract	\$99.00 \$65.00
Red Monthly	\$110.00
KIDS PRICES	
Kids Drop-In	\$12.00
Kids 10-Class Pack	\$100.00
Kids Unlimited	\$85.00

**Classes are subject to change without notice*

To take MonkeyBarzFit classes, please visit
www.monkeybarzfit.com
 To take Zumba classes, please visit gingerzumba.com

**NOW ACCEPTING INDEPENDENT PERSONAL
 TRAINERS AND MASSAGE THERAPISTS**

ASK ABOUT OUR INTRO RATES

*****SUMMER SALE*****

\$65 A MONTH for 6 months, BUY ONLINE TODAY: www.burnnshed.com

CLASS DESCRIPTIONS

BURN N SHED™ JOZ

Burn N Shed™ is the most effective workout you'll experience to lean out and get strong! A full body, core-based strength and conditioning workout that builds lean muscle utilizing calisthenics, weights, resistance bands, boxing and plyometrics. Burn N Shed™ gives the ultimate strength and cardiovascular challenge to elevate the heart rate and maximize the calorie burn during class and long after the workout ends.

BURN N SHED™ STRETCH/MOBILITY DEREK

Improve your flexibility, balance, range of motion and joint mobility. Take this class, strengthen your core and be proactive in preventing injuries and assisting you in nursing one. balance, range of motion and joint mobility. Take this class, strengthen your core and be proactive in preventing injuries and assisting you in nursing one.

BURN N SHED™ INTRO TO BOXING PARRISH & SAL

This class teaches you the proper technique on the following: stance, footwork, basic punches and how to throw a punch correctly, counter punch and combos. Learn to bring out the true fighter inside of you! Start here and you can move up to the Intermediate Boxing Class.

BURN N SHED™ INTERMEDIATE BOXING PARRISH & SAL

This class helps you improve technique, focus on offense and defense with blocking and counters. Learn better control and more combination punches through drills, both situational and technical.

KIDS BOXING PARRISH & SAL

Students learn the proper technique on stance, footwork, basic punches, counter punches and combos. The class builds confidence, character respect and discipline. **Ages 6-12

****BEGINNER CALISTHENICS THOMAS & ARAMIS**

Learn to lift, move and control your bodyweight with the basic calisthenic moves. Transform you mind and your body will follow. Increase your mobility, stability and strength. ***Must sign up for the 12 session course, which includes homework.*

****INTERMEDIATE/ADVANCED CALISTHENICS THOMAS & CAMERON**

Learn to lift, move and control your bodyweight with the more advanced calisthenic moves: Muscle Up, 360, Handstand or Human Flag. Transform you mind and your body will follow. Increase your mobility, stability and strength. ***Must sign up for the 12 session course, which includes homework.*

ANIMAL FLOW® ANDRÉS

Animal Flow is an innovative fitness program that combines quadrupedal and ground-based movement with elements from various bodyweight-training disciplines to create a fun, challenging workout emphasizing multi-planar, fluid movement. Challenge your core strength and mobility.

GROOV3 JENNIFER

GROOV3 is a choreographed, combination of hip-hop, funk, pop and groove. A non-stop dance party with a Live DJ on Friday nights. GROOV3's mission is to inspire change and build communities through the power of dance. GROOV3 is definitely for everyone!

RAHYZ CARY FITNESS JAY

American Parkour athlete, Jay, instructs an Urban Street Movement class based on pursuit and escape. Learn how to run, jump, flip, and climb. ***Ages 7-12
**Adult Class coming soon. Sign up inside if interested.*

***SCHOOL OF STRENGTH CLASSES ARE DESIGNED FOR ALL FITNESS LEVELS AT YOUR PACE!**