



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 630AM-10PM | SAT-SUN 7AM-6PM

FB: BurnNShed.LosAngeles | IG: @BurnNShed | Twitter: @BurnNShed | Email: [GetStronger@BurnNShed.com](mailto: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.		Burn N Shed™ joz.		Burn N Shed™ Stretch/Mobility Derek	Burn N Shed™ joz.
10:00 am							Animal Flow Andrés
10:00 am	Groov3 Jennifer						Kids Boxing Parrish
11:00 am							Intermediate Boxing Ilya
11:00 am							Beginner & Inter/Adv Calisthenics Cameron & Matt
12:00 pm			Animal Flow Andrés		Animal Flow Andrés		
5:30 pm			Kids Boxing Sal		Kids Boxing Sal		
6:00 PM		Beginner & Inter/Adv Calisthenics Cameron & Matt		Beginner & Inter/Adv Calisthenics Cameron & Matt			
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 Sal		Intro to Boxing Sal		
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 Sal		Intermediate Boxing Sal	Groov3 w/ DJ Kieffer Jennifer	
8:30 pm			Groov3 Jennifer				