

GENSPACE.LA

WELLNESS CLASSES

Wallis Annenberg GenSpace

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Health, Fitness, + Wellness Schedule

	Monday	Tuesday	Wednesday	Thursday
10:00am 11:00am	Relaxing Meditation 10:30am - 11:30am Fitness Room	Dance Aerobics 10:15am - 11:15am Fitness Room	Dance It Out! 10:15am - 11:15am Fitness Room	
12:00pm	Restorative Stretching 11:45am - 12:45pm Fitness Room	Dance Aerobics 11:30am - 12:30pm Fitness Room	Strength + Tone 11:30am - 12:30pm Fitness Room	GenSpace will be closed on October 4.
1:00pm	Movement Fusion 12:50pm - 1:35pm Fitness Room	Barre Sculpt 12:45pm - 1:45pm Fitness Room	Long Gentle Movement 12:45pm - 1:45pm Fitness Room	
2:00pm	Harmony in Motion 1:45pm - 2:45pm Fitness Room	Seated Strength and Mobility 1:50pm - 2:50pm Fitness Room	GenSpace will close at 2:00 pm on October 3.	
3:00pm	Latin Dance 3:00pm - 4:00pm Fitness Room	Belly Dancing 3:00pm - 4:00pm Fitness Room		
4:00pm				