



GROUP FITNESS

WEST HOLLYWOOD

Week of 07/07/25

*R / Ride GF / Group Fitness Y / Yoga TA / Treadmill Area

MORNING
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MID-DAY
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EVENING
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	MONDAY, 07/07/25	TUESDAY, 07/08/25	WEDNESDAY, 07/09/25	THURSDAY, 07/10/25	FRIDAY, 07/11/25	SATURDAY, 07/12/25	SUNDAY, 07/13/25
MORNING	Tread N Shed - TA* 9:00 - 30m Andrew S Chisel - GF* 9:30 - 30m Andrew S Vinyasa Yoga - Y* 10:30 - 60m Amy R	Pilates Fusion - GF* 8:00 - 45m Chau P Yoga Body Sculpt - GF* 11:00 - 45m Amy R	Super Sculpt - GF* 7:00 - 45m Jodie P Theme Ride - R* 8:00 - 45m Tommy W Pilates Mat - GF* 9:00 - 45m Carmen M CLMBR - R* 10:00 - 30m David C Flow Yoga - Y* 10:30 - 60m Amy R	*NEW* CLMBR: Flex - R* 6:30 - 30m David C The Ride - R* 9:00 - 45m Colin K MYOBILITY® - GF* 9:15 - 45m Chau P *NEW* Abs, Thighs & Booty - GF* 10:30 - 30m Amy R Ripped Ride - R* 11:00 - 45m Amy R	Party Ride - R* 8:00 - 45m Andrew S Tread N Shed - TA* 9:00 - 30m Andrew S Chisel - GF* 9:30 - 30m Andrew S Power Yoga - Y* 10:30 - 60m Mercy M	The Ride - R* 9:00 - 45m Andrew S Bendable Body - GF* 9:00 - 45m Carmen M Top it Off - GF* 10:00 - 30m Demetrius T Tighten! Ass n' Abs - GF* 10:30 - 30m Demetrius T CLMBR - R* 11:00 - 30m David C DEEP: Hip Hop Flow - GF* 11:00 - 30m Demetrius T	*NEW* CLMBR: Flex - R* 9:00 - 30m David C Diesel - GF* 10:00 - 45m Heinz A The Ride - R* 10:00 - 45m Andrew S Flow Yoga - Y* 11:00 - 60m Laurie D Chisel - GF* 11:30 - 45m Ellie D
MID-DAY	Party Ride - R* 12:00 - 45m Douglas J Flow Yoga - Y* 1:00 - 60m Colin K	The Ride - R* 12:00 - 45m Andrew S Muscle & Hustle - GF* 12:00 - 45m Ellie D Vinyasa Yoga - Y* 1:00 - 60m Amy R	The Ride - R* 12:00 - 45m Amy R TRX® Chisel - GF* 1:00 - 45m Ellie D	Diesel - GF* 12:00 - 45m Heinz A	Diesel - GF* 12:00 - 45m Colin K Flow Yoga - Y* 1:00 - 60m Colin K	Power Yoga - Y* 12:00 - 60m Mercy M	Lyra - GF* 1:30 - 75m Lauren A
EVENING	Diesel - GF* 5:00 - 45m Heinz A The Ride - R* 5:30 - 45m Colin K B.L.T. Butt, Legs & Thighs - GF* 6:00 - 30m Ellie D Muscle & Hustle - GF* 6:30 - 45m Ellie D	Absolution - GF* 5:00 - 30m Andrew S Diesel - GF* 5:30 - 45m Andrew S Relax & Restore Yoga - Y* 6:30 - 75m Colin K Ripped Ride - R* 6:30 - 45m Christina F	Muscle & Hustle - GF* 5:30 - 45m Demetrius T Ripped Ride - R* 6:30 - 45m Christina F Top Shelf A\$\$ - GF* 6:30 - 30m Demetrius T Power Yoga - Y* 7:00 - 75m Mercy M DEEP: Hip Hop Flow - GF* 7:00 - 30m Demetrius T Hip Hop - GF* 7:30 - 60m Demetrius T XPOLE - GF* 9:00 - 75m Mercy M	Absolution - GF* 5:00 - 30m Andrew S *NEW* Party Ride - R* 5:30 - 45m Colin K Diesel - GF* 5:30 - 45m Andrew S Pilates Fusion - GF* 6:45 - 45m Carmen M Power Yoga - Y* 7:00 - 75m Laurie D	The Ride - R* 5:30 - 45m Colin K Vinyasa Yoga - Y* 6:30 - 60m Colin K		Bliss Yoga - Y* 4:00 - 60m Chau P



CLASS DESCRIPTIONS

WEST HOLLYWOOD

Visit crunch.com for online schedules and club information. This schedule is subject to change

8000 Sunset Blvd | 323.654.4550

Mon - Thu: 5:00am - 11:00pm Friday: 5:00am - 10:00pm Sat - Sun: 7:00am - 8:00pm

***NEW* Abs, Thighs & Booty:** *NEW* Prepare to workout and honor some of our most treasured goods: our core, powerful thighs and of course, our bootylicious glutes! Get stronger and sexy in this intense but fun packed class.}

***NEW* CLMBR: Flex:** *NEW* Get ready to climb higher, get stronger, and feel the burn! This full-body cardio workout alternates between heart-pumping CLMBR drills and strength circuits, all set to an epic playlist that keeps you moving. This class will leave you sweaty and feeling oh-so-FLEXy!}

***NEW* Party Ride:** *NEW* In this nonstop indoor cycling workout, the party starts the minute you get on the bike. Each week your instructor will curate a new playlist featuring the hottest party anthems around; Ride to the beat & keep the party-vibes rollin' because every class is a celebration!}

Absolution: The perfect core strengthening solution: concentrated ab-centric floorwork paired with deep restorative stretching.}

B.L.T. Butt, Legs & Thighs: Total focus on the lower body using bands, dumbbells, balls and body bars.}

Bendable Body: This dynamic flexibility class will increase range of motion and mobility of connective tissue while targeting the hip flexors, hamstrings, neck and back. This restorative class is perfect for over-exercisers or anyone looking to release tension and improve flexibility.}

Bliss Yoga: A dynamic yet gentle style of hatha yoga that emphasizes body awareness and coordinating movement with breath. Take time to stretch tight muscles plus relax... you deserve it!}

CLMBR: The innovative CLMBR machine delivers powerful vertical training that is also gentle on the joints, aka "HILIT" (high-intensity, low-impact) In this class, creative climbing combos, sprints and resistance challenges are set to an epic playlist for a full-body, effective & efficient cardio workout.}

Chisel: Get ready to pump some iron with this full-body workout that uses weight training techniques and exercises to sculpt & shape major muscle groups.}

DEEP: Hip Hop Flow: This mind-body connection inspired class will lead you through hip hop fluid movement, breathing techniques and myofascial release to ground you in your inner strength. Set to a chill, hip hop playlist, this session will leave ya feeling a deeper vibe with the natural power that is in you.}

Diesel: Designed for the athlete looking to take their skills to the next level, this full-body workout features strength intervals paired with cardio bursts, to rev-up your metabolism for maximum caloric burn.}

Flow Yoga: A challenging body/mind adventure incorporating asanas, breathing and mindfulness for a complete yoga experience. Sculpt a leaner, stronger body while releasing stress and fatigue.}

Hip Hop: Feel like a star of a music video after learning a dance routine in an easy-to-follow, add-on choreography format.}

Lyra: In this high-flying CirqFIT® aerial dance class you'll twist, turn and wind your way through a suspended aerial hoop, called a Lyra, to increase strength, balance and flexibility while learning choreographed movements that will all come together for an impressive acrobatic finale. Leggings are recommended.}

MYOBILITY®: Unlock your body's full potential in this wellness-inspired class designed to help you move and feel better by releasing stress and tension. You'll use the Myobility® tools for myofascial release and active stretches paired with core strengthening exercises and breathing techniques to decrease soreness, increase mobility, and create a more aligned and balanced body.}

Muscle & Hustle: First, we "muscle" using heavy dumbbells as your trainer leads you through a series of strength building exercises with a focus on form and proper muscle engagement. Finish your workout with a "hustle" through timed cardio intervals for maximum results.}

Party Ride: In this nonstop indoor cycling workout, the party starts the minute you get on the bike. Each week your instructor will curate a new playlist featuring the hottest party anthems around; Ride to the beat & keep the party-vibes rollin' because every class is a celebration!}

Pilates Fusion: Based on traditional Pilates exercises, this class also incorporates athletic training moves to provide a workout that will improve core strength, balance and flexibility.}

Pilates Mat: A series of exercises based on the work of Joseph Pilates to strengthen and lengthen muscles with a focus on the body core.}

Power Yoga: This power flow yoga class will take your mind and body to the next level. Strengthen and lengthen your muscles while burning big-time calories.}

Relax & Restore Yoga: Restore and renew your mind, body and spirit in this relaxing Yoga experience. Restorative postures and flows will realign the body from head to toe, all while calming and quieting the mind.}

Ripped Ride: This class will kick your Ride workout up a notch by throwing weight workouts into the mix, maximizing your caloric burn and toning your arms, shoulders, chest and back.}

Super Sculpt: An intense workout focusing on light weights and high reps using body bars or free weights. Increase your strength and improve your definition while working your muscular endurance. All fitness levels welcome.}

TRX® Chisel: Utilizing the TRX® Suspension Trainer and your own body weight, this class will rapidly increase your strength, progressing through total body resistance training to sculpt, shape and build up your muscles.}

The Ride: Put the pedals to the metal in this fast-paced workout taught on a stationary bike. You'll climb, sprint, and train to incredible music and extraordinary instruction.}

Theme Ride: Put the pedals to the metal and get ready to sweat with instructors serving up seriously fun rides with a themed soundtrack, challenge or motivation to entertain and encourage you to the finish line!}

Tighten! Ass n' Abs: Combining exercises to tone and shape the rear (the butt) and the front (the abs).}

Top Shelf ASS: Dance your way to the "perfect peach" - Using resistance bands, bodyweight & the hottest trending songs, you'll follow along to fun and simple choreography that seriously fires up those glutes! Heart-pumping cardio & low-impact exercises will have you rocking out that "top shelf booty" in no time!}

Top it Off: Shape and sculpt every muscle in your upper body in this two-part, heart-pumping workout. Using weights and isometric exercises, you'll work through a series of sweat inducing exercises to tone and chisel your arms, shoulders, chest, and back.}

Tread N Shed: This bad@ss cardio class will put you on the treadmill to melt away calories. In it, you'll use sprints and slow walks with varying speeds and ramp heights to get a workout that's got all the ups and downs of a roller coaster.}

Vinyasa Yoga: Vinyasa means breathing systems. Vinyasa Yoga synchronizes movement with breath, linking the postures together into a dynamic practice. The breath is used as a constant point of reference for returning to and resting in the present moment. All levels are welcome.}

XPOLE: This fun and challenging pole fitness class, taught by XPERT Pole Fitness trained instructors, provides you with a safe and fun environment to learn a variety of pole fitness techniques, dance choreography, and combination flows that will increase your upper body and core strength, coordination, flexibility and balance. Learn to push, pull, lift and suspend your body weight while gracefully moving on and off the pole. Pole Fitness is a full body workout. Shorts recommended (no heels required).}

Yoga Body Sculpt: A strength-building Vinyasa flow class that focuses on sculpting your buns and thighs while flattening your belly and strengthening your core.}