

B"H

KOSHERGYM.ORG

JULY 2026

 323-636-8184

MEN'S GROUP FITNESS CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
28 9:15AM Chest, Tri, Core 7:30PM Full Body	29 8:15AM Back, Bi, Cardio 5:30PM Back, Bi, Cardio	30 8:15AM & 5:30PM Legs, Shoulders, Core 8:15PM Full Body	1 8:15AM & 5:30PM Pure Shvitz or Pure Strength	2 8:15AM 5:30PM 8:15PM Chest/Back/Legs + Conditioning	3 8:15AM Yoga/Arms/Cardio 12:00PM Boxing/Strength	4 No classes
5 9:15AM Chest, Tri, Core 7:30PM Full Body	6 8:15AM Back, Bi, Cardio 5:30PM Back, Bi, Cardio	7 8:15AM & 5:30PM Legs, Shoulders, Core 8:15PM Full Body	8 8:15AM & 5:30PM Pure Shvitz or Pure Strength	9 8:15AM 5:30PM 8:15PM Chest/Back/Legs + Conditioning	10 8:15AM Yoga/Arms/Cardio 12:00PM Boxing/Strength	11 No classes
12 9:15AM Chest, Tri, Core 7:30PM Full Body	13 8:15AM Back, Bi, Cardio 5:30PM Back, Bi, Cardio	14 8:15AM & 5:30PM Legs, Shoulders, Core 8:15PM Full Body	15 8:15AM & 5:30PM Pure Shvitz or Pure Strength	16 8:15AM 5:30PM 8:15PM Chest/Back/Legs + Conditioning	17 8:15AM Yoga/Arms/Cardio 12:00PM Boxing/Strength	18 No classes
19 9:15AM Chest, Tri, Core 7:30PM Full Body	20 8:15AM Back, Bi, Cardio 5:30PM Back, Bi, Cardio	21 8:15AM & 5:30PM Legs, Shoulders, Core 8:15PM Full Body	22 8:15AM & 5:30PM Pure Shvitz or Pure Strength	23 8:15AM 5:30PM 8:15PM Chest/Back/Legs + Conditioning	24 8:15AM Yoga/Arms/Cardio 12:00PM Boxing/Strength	25 No classes
26 9:15AM Chest, Tri, Core 7:30PM Full Body	27 8:15AM Back, Bi, Cardio 5:30PM Back, Bi, Cardio	28 8:15AM & 5:30PM Legs, Shoulders, Core 8:15PM Full Body	29 8:15AM & 5:30PM Pure Shvitz or Pure Strength	30 8:15AM 5:30PM 8:15PM Chest/Back/Legs + Conditioning	31 8:15AM Yoga/Arms/Cardio 12:00PM Boxing/Strength	1 No classes (August 1)

STRONGER BODY. STRONGER MIND. STRONGER YOU.