



SPEEDPLAY

JOIN THE TEAM.



:: NEW CLIENT DEALS ::

\$175 - UNLIMITED 1ST MONTH

\$200 - 10 SESSIONS

available for purchase in-studio, the Speedplay app, and at speedplayLA.com

GET THE MOST OUT OF US.

600-900 = average calorie burn per class if you're serious about pushing hard and serious about resting during active recovery exercises and transitions

+ Our HIIT classes will keep you burning calories up to 48 hours after class!

Workouts are different every day and intelligently designed for balance, safety, and effectiveness

Need a break from cardio? Try our no-cardio Strength class!

Track your improvement with Speedplay::Baseline - a 15 minute session with a lead trainer to track your progress and improve form

+ only available to package holders and members

Come early to class for one-on-one form tips or exercise modifications from our trainers

DOWNLOAD OUR APP for easy scheduling + FOLLOW US ON INSTA to never miss a thing!

speedplayLA.com

 @speedplayLA



SPEEDPLAY

hello@speedplayLA.com p :: 323.473.5191

BEVERLY HILLS | DTLA