



SPEED PLAY

HIGH INTENSITY INTERVAL TRAINING

DTLA

"High-energy, push-it-to-the-max interval training!"
- LA Times





FIND YOUR TEAM.

Run, row, lift, and tone in LA's most effective and rewarding HIIT class!

the WORKOUT

- 60 minutes ::
- Playlist-curated ::
- Balanced + safe ::
- Burns 600-900 calories ::
- Towel service ::



- :: Different workout every day
- :: Woodway Curve treadmills
- :: Concept2 Rowers
- :: TRX + weights + resistance bands

→ FIRST CLASS : \$15 ←

speedplayLA.com



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 **SPEEDPLAY**

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