

New class, staff & schedule changes are noted in **BOLD** print.

MONDAY			TUESDAY			WEDNESDAY			THURSDAY		
EXERCISE	CYCLE	BOXING	EXERCISE	CYCLE	BOXING	EXERCISE	CYCLE	BOXING	EXERCISE	CYCLE	BOXING
STEP & SCULPT 6 - 6:45am Christine	CYCLE 6:30 - 7:15am Meredith	SUPER KICK 6:30 - 7:30am Steven	CARDIO SCULPT CIRCUIT 6:15 - 7:15am Stephanie	CYCLE 6:30 - 7:15am Meredith	KICKBOXING 7 - 8am Jin		CYCLE 6:30 - 7:15am Corinne		BALL WORKS 6:15 - 7am Stephanie		KICKBOXING 7 - 8am Jin
ABSOLUTELY ABS 6:45 - 7am Christine	ABSOLUTELY ABS 9:45 - 10am Meridith				POWER KICK 9:30 - 10:30am Kevin	CARDIO SCULPT 6:45am - 7:45am T.C.			ABSOLUTELY ABS 7 - 7:15am Stephanie		POWER KICK 9:30 - 10:30am Jin
	CYCLE 10 - 10:45am Meridith		YOGA 7:15 - 8:15am Mark				CYCLE 10 - 10:45am Noelle		YOGA 7:15 - 8:15am Mark	LUNCH CRUNCH 12:15 - 12:45pm Meridith	
			ZUMBA 12 - 12:45pm Wii		KICKBOXING 12:15 - 1:15pm Burt			KICKBOXING 12:15 - 1:15pm Jin		CYCLE 12:45 - 1:30pm Meredith	KICKBOXING 12:15 - 1:15pm Burt
MAT PILATES 12:15 - 1:15pm Shannon	CYCLE 12:45 - 1:30pm Chris		YOGA 12:45 - 1:45pm Lyndon			CARDIO CORE & BALANCE 12:30 - 1:30pm Katie	CYCLE 12:45 - 1:30pm John C.		YOGA 12:45 - 1:45pm Mark		
BRAND NEW BOOTY 5:15 - 5:45pm Jill		INTRO TO BOXING 5:30 - 6:30pm Fernando	PILATES FUSION 5:15 - 6:15pm Belinda		BOXING 4:30 - 5:30pm Floyd	UP TOP CARDIO CIRCUIT 5:15 - 6pm Christine		CIRCUIT BOX 5:30 - 6:30pm Fernando			BOXING 4:30 - 5:30pm Floyd
6-PACK ATTACK 5:45 - 6:15pm Jill	CYCLE 5:30 - 6:15pm John C.			CYCLE 5:45 - 6:30pm Jess	KICKBOXING 5:30 - 6:30pm Jin	DOWN LOW CARDIO CIRCUIT 6 - 6:45pm Christine	CYCLE 6 - 6:45pm John		LATIN FUSION 5:30 - 6:15pm Raquel		KICKBOXING 5:30 - 6:30pm Jin
FLOW YOGA 6:15 - 7:30pm Mita		KICKBOXING 6:30 - 7:30pm Fernando	CARDIO SCULPT 6:15 - 7pm Tanya		BOXING 6:30 - 7:30pm Floyd			KICKBOXING 6:30 - 7:30pm Fernando	CARDIO SCULPT 6:15 - 7pm T.C.	CYCLE INTRO 6:30pm - 6:45pm Jess	BOXING 6:30 - 7:30pm Floyd
	CYCLE 7 - 7:45pm Chris	SUPER KICK 7:30 - 8:30pm Fernando	ABSOLUTELY ABS 7 - 7:15pm Tanya	CYCLE 6:45 - 7:30pm Jann	KICKBOXING 7:30 - 8:30pm Jin	FLOW YOGA 6:45 - 8pm Rennie		SPARRING 7:30 - 8:45pm Fernando *Additional Fee	ABSOLUTELY ABS 7 - 7:15pm T.C.	CYCLE 6:45 - 7:30pm Jess	KICKBOXING 7:30 - 8:30pm Jin
KUNG FU 8 - 10pm Larry			YOGA 7:30 - 8:30pm Jann			KUNG FU 8 - 10pm Larry					

FRIDAY			SATURDAY			SUNDAY		
EXERCISE	CYCLE	BOXING	EXERCISE	CYCLE	BOXING	EXERCISE	CYCLE	BOXING
	CYCLE 6:30 - 7:15am Karina	SUPER KICK 6:30 - 7:30am Nicolas	PILATES FUSION 9:15 - 10:15am Belinda	CYCLE 8:30 - 9:30am Corinne	BOXING 9 - 10am Floyd		CYCLE 9:30 - 10:30am Meridith	
POWER SCULPT 7 - 8am Carlos					KICKBOX & BURN 10 - 11am Jerry	PILATES SCULPT 10 - 11am Anthony		
	CYCLE/YOGA 10:00 - 11:15am Mark		STEP 10:15 - 11:15am Deborah	CYCLE 10:00 - 10:45 Mark		POWER YOGA 12noon - 1:30pm Amy		KICKBOXING 10:45 - 11:45am Burt
EXTREME CORE 12:15 - 1:15pm Tanya	CYCLE 12:45 - 1:30pm April	KICKBOXING 12:15 - 1:15pm Jin	FUSION SCULPT 11:15am - 12:15pm Deborah					
			YOGA 12:15 - 1:30pm Mark					
			KUNG FU 2 - 4:30pm Larry					
BODY WORKS 5:15 - 6pm John C.		BOXING 6 - 7pm Fernando						
6-PACK ATTACK 6 - 6:15pm John C.	CYCLE 6:15 - 7pm John C.							
YOGA & MEDIT. 6:15 - 7:30pm Mark								
ALL CLASSES WITH AN AVERAGE ATTENDANCE OF LESS THAN 7 PEOPLE MAY BE CANCELLED WITHOUT NOTICE.								



Century City
(310) 789-1111

Winter 2009

Call (323) 634-4742
for class updates