

MERIDIAN'S BODIES IN MOTION – CENTURY CITY – 310-789-1111
Class Schedule – EFFECTIVE February 1st 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:15 Xpress Cycle Corinne	6:30-7:15 Ass Blast Chelsea	6:30-7:15 Xpress Cycle Corinne	6:15-7:15 Power Conditioning Kate	6:30-7:30 Xpress Cycle Chelsea	8:30-9:30 Endurance Cycle Corinne	
7:15-7:45 Six-Pack Attack Damon	6:30-7:15 Xpress Cycle Pam	7:20-7:50 Guns Chelsea	6:30-7:15 Xpress Cycle Rachael/Chelsea	7:00-8:00 Fusion Sculpt Kerry	9:15-10:15 Pilates Fusion Tracy	9:30-10:30 Endurance Cycle Meridith
10:00-11:00 Fight Club Steven	7:15-8:15 Yoga Mark	10:00-11:00 Fight Club Steven	7:15-8:15 Yoga Mark	10:00-11:15 Cycle & Yoga Mark	10:00-10:45 Xpress Cycle Mark	10:30-11:30 Pilates Fusion Belinda
10:00-10:45 Xpress Cycle Meridith	11:45-12:45 Zumba Carlos	10:00-10:45 Xpress Cycle Erica	11:45-12:45 Zumba Kay	11:30-12:15 Ass Blast Kelly	10:30-11:00 Step Express Tracy	12:00-1:30 Power Yoga Belinda
12:15-1:15 The Balance Method™ Becky	12:45-2:00 Yoga Lyndon	12:30-1:30 Extreme Core Katie	12:15-12:45 Lunch Crunch Cycle Meridith	12:30-1:30 Fusion Sculpt John	11:00-12:00 Fusion Sculpt Tracy	
12:45-1:30 Xpress Cycle Vay	5:00-5:45 Zumba Carlos	12:45-1:30 Xpress Cycle U.B.	12:45-1:30 Xpress Cycle Meridith	12:45-1:30 Xpress Cycle Carlos	12:15-1:30 Yoga Mark	
5:15-6:15 Cardio Core & Balance Jill	5:45-6:30 Xpress Cycle Carlos	3:30-4:15 Xpress Cycle Frankie	12:45-1:45 Yoga Kelly		2:00-4:30 Kung Fu - Larry	
5:45-6:30 Xpress Cycle John	6:00-6:30 Six-Pack Attack Oren	5:30-6:30 Fusion Sculpt Iku	6:20-7:20 Endurance Cycle Johnathan	5:30-6:15 Fusion Sculpt Express John		
6:15-7:15 Flow Yoga Joey	6:30-7:30 Power Sculpt Katie	6:00-6:45 Xpress Cycle John	6:30-7:30 Power Sculpt Tracy	6:15-7:30 Yoga & Meditation Mark		
7:15-8:00 Xpress Cycle Chelsea	6:45-7:30 Xpress Cycle Jann	6:30-6:45 Six-Pack Attack Iku	7:30-8:30 Intro to Yoga Jackie	6:15-7:00 Xpress Cycle John		
8:00-10:00 Kung Fu - Larry	7:30-9:00 Yoga Lyndon	6:45-8:00 Yoga Lyndon				
		8:00-10:00 Kung Fu – Larry				