

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 Carlos	CYCLE 6:30 - 7:15am Corinne		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 Carlos	ABSOLUTELY ABS 9:45 - 10am Meridith				POWER KICK 9:30 - 10:30am Kevin			KICKBOXING 6:45 - 7:45am Steven	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 Rachel		YOGA 7:15 - 8:15am Mark	LUNCH CRUNCH 12:15 - 12:45pm Meridith	
			ZUMBA 11:45am - 12:45pm Kay		KICKBOXING 12:15 - 1:15pm Burt			KICKBOXING 12:15 - 1:15pm Jin	ZUMBA 11:45am - 12:45pm Kay	CYCLE 12:45 - 1:30pm Meredith	KICKBOXING 12:15 - 1:15pm Burt
THE BALANCE METHOD™ 12:15 - 1:15pm Becky	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		
CARDIO CORE & BALANCE 5:15 - 6pm Jill			MAT PILATES 5:15 - 6:15pm Jillian		BOXING 4:30 - 5:30pm Floyd	CARDIO EXPRESS 5:15-5:45pm Christine	CYCLE 3:30 - 4:15pm Chris	CIRCUIT BOX 5:30 - 6:30pm Fernando			BOXING 4:30 - 5:30pm Floyd
ABSOLUTELY ABS 6 - 6:15pm Jill	CYCLE 5:45 - 6:30pm John C.	BOXING 5:45 - 6:45pm Steven		CYCLE 5:45 - 6:30pm Lucie	KICKBOXING 5:30 - 6:30pm Jin	POWER SCULPT 5:45-6:45pm Christine	CYCLE 6 - 6:45pm John		THE BALANCE METHOD™ 5:30 - 6:30pm Becky		KICKBOXING 5:30 - 6:30pm Jin
FLOW YOGA 6:15 - 7:15pm Petula		KICKBOXING 6:45 - 7:45pm Steven	CARDIO SCULPT 6:30 - 7:15pm Tanya		BOXING 6:30 - 7:30pm Floyd			KICKBOXING 6:30 - 7:30pm Fernando	CARDIO SCULPT 6:30 - 7:15pm Katie		BOXING 6:30 - 7:30pm Floyd
	CYCLE 7:15 - 8:00pm Chris		ABSOLUTELY ABS 7:15 - 7:30pm Tanya	CYCLE 6:45 - 7:30pm Jann	KICKBOXING 7:30 - 8:30pm Jin	FLOW YOGA 6:45 - 8pm Lyndon			ABSOLUTELY ABS 7:15 - 7:30pm Katie	CYCLE MAX 6:30 - 7:30pm Lucie	KICKBOXING 7:30 - 8:30pm Jin
KUNG FU 8 - 10pm Larry			YOGA 7:30 - 8:30pm Lyndon			KUNG FU 8 - 10pm Larry					

FRIDAY			SATURDAY			SUNDAY		
EXERCISE	CYCLE	BOXING	EXERCISE	CYCLE	BOXING	EXERCISE	CYCLE	BOXING
	CYCLE 6:30 - 7:15am Ann	SUPER KICK 6:30 - 7:30am Nicolas	PILATES FUSION 9:15 - 10:15am Jillian	CYCLE 8:30 - 9:30am Corinne	BOXING 9 - 10am Floyd		CYCLE 9:30 - 10:30am Meridith	
POWER SCULPT 7 - 8am Kerry					KICKBOXING 10 - 11am Steven	PILATES FUSION 10:30 - 11:30am Belinda		
	CYCLE/YOGA 10:00 - 11:15am Mark		STEP EXPRESS 10:30 - 11am Tracy	CYCLE 10:00 - 10:45 Mark		POWER YOGA 12 noon - 1:30pm Belinda		KICKBOXING 10:45 - 11:45am Burt
EXTREME CORE 12:30 - 1:30pm Katie	CYCLE 12:45 - 1:30pm Lucie	KICKBOXING 12:15 - 1:15pm Jin	FUSION SCULPT 11:00am - 12:00pm Tracy					
			YOGA 12:15 - 1:30pm Mark					
			KUNG FU 2 - 4:30pm Larry					
BODY WORKS 5:15 - 6pm Sabine		BOXING 6 - 7pm Fernando						
6-PACK ATTACK 6 - 6:15pm Sabine	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 Summer 2010 Schedule

Effective June 1, 2010

Call (323) 634-4742
for class updates

Group Exercise Manager

Kim Masinter

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Effective: 06/01/2010