

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

Group Exercise Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
POWER SCULPT 7 - 8:00 am Ralph	CYCLE 6:30 - 7:15am Corinne	CYCLE/SCULPT 6:30 - 7:30am Carlos	CYCLE 6:15 - 7:15am Corinne		CYCLE INTRO 8:15 - 8:30am Carlos	
	YOGA FLOW 7:15 - 8:15am Annika	POWER SCULPT 7:30 - 8:30am Carlos	DEEP CORE & STRETCH 7:15 - 8:15am Petula	POWER SCULPT 7 - 8am Ralph	GROOVE CYCLE RIDE 8:30 - 9:15am Carlos	
	SENIOR STRETCH 10 - 11am JoAnne	POWER YOGA 8:30 - 9:30am Petula		YOGA FLOW 9 - 10am Petula	ABSOLUTELY ABS 9:15 - 9:30am Joanne	POWER SCULPT 9:30 10:30am Ralph
SILVER SNEAKERS 10:30 - 11:15am Jess		CARDIO FUSION SCULPT 9:30 - 10:30am JoAnne		SILVER SNEAKERS I 10:30 - 11:15am Martha Ellen	MAT PILATES 9:30 - 10:30am Joanne	YOGA 11am - 12:15pm Petula
LUNCH BOX 12 - 1pm Steven	STEP & SCULPT 12 - 1pm Tracy		POWER SCULPT 12 - 1pm Marvin	STEP & SCULPT 12 - 1pm Deborah	MEDICINE BALL CROSS TRAINING 10:30am - 12 Carlos	
CYCLE 1 - 1:45pm John	YOGA 1 - 2pm Erin	SILVER SNEAKERS 10:30 - 11:15am JoAnne	YOGA 1 - 2pm Erin	MAT PILATES 1:15 - 2pm Deborah	BOXING TECHNIQUE 12 - 1pm Casey	
MAT PILATES 5 - 6pm Jess		CYCLE 1:00 - 1:45pm Jess	MAT PILATES 4:30 - 5:30pm Jess	CYCLE 5:30 - 6:15pm Carlos	YOGA 5 - 6:15pm Jennifer	CYCLE 5:30 - 6:30pm John
CYCLE 6:15 - 7pm Carlos			MEDICINE BALL CROSS TRAINING 5:30 - 6:30pm Carlos	FLOW YOGA 6:30 - 7:30pm Evalae		
YOGA 7 - 8pm Mark	POWER SCULPT 6 - 7pm John	CYCLE INTRO (6 - 6:15pm) CYCLE 6:15 - 7 pm Mark	SALSA MOVES 6:30 - 7:15pm Tanya			
URBAN DANCE PARTY 8 - 9pm Tanya	KICKBOXING 7 - 8pm Sean	YOGA 7 - 8pm Mark	THAI KICKBOXING 7:15 - 8:15pm Steven			
	CYCLE 8 - 8:45pm Carlos	KICKBOXING 8 - 9pm Steven				

Vital Info About Our Classes

- * **Please be on time so you can warm up.**
Each class begins with a warm-up and ends with a cool-down. The warm-up prepares the body for the more vigorous workout, helps improve overall performance and decreases risk of injury. Cool-down stretches maintain flexibility and help prevent soreness and stiffness.
- * If you're new to a class, please introduce yourself to the instructor before class begins.
- * If you must be late, please warm up before entering the class.
- * Wear appropriate exercise footwear. No black-soled shoes.
- * If you have any special needs or limitations, please notify our instructors so they can assist you with exercise modification.
- * We encourage you to bring water with you, but in a capped, unbreakable water bottle.
- * Please note that the schedule and instructors may change without notice.
- * Please leave requests or comments in the suggestion box at the front desk.

Century City - (310)789-1111

**1950 Century Park East
 Los Angeles, Ca 90067**

Monday - Thursday 5:00am - 11:00pm
Friday 5:00am - 9:00pm
Saturday, Sunday 7:00am - 7:00pm

Miracle Mile - (323)933-5875

**5750 Wilshire Boulevard, Lobby Level
 Los Angeles, Ca 90036**

Monday - Thursday 5:30am - 11:00pm
Friday 5:30am - 9:30pm
Saturday 7:30am - 8:00pm
Sunday 8:30am - 8:00pm