



BUSINESS HOURS
 MON-THURS: 5AM-11PM
 FRI: 5AM-9PM
 SAT-SUN: 7AM-7PM
 (626) 577-2211
 900 SOUTH ARROYO PKWY.
 PASADENA, CA 91105

Meridian's Bodies In Motion - Pasadena

SPRING 2012

FITNESS & ROADRACERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ROADRACERS 𨮒 6:00 AM MARIE	ROADRACERS 𨮒 8:30 AM DEZ	ROADRACERS 𨮒 6:00 AM CHARLETHA	MOTION 60 8:30 AM DEZ/SCOTT	ROADRACERS 𨮒 6:00 AM MARK	CROSS TRAINING 8:30AM BRANDON	ROADRACERS 𨮒 9:00 AM STACIE
RIDE & ABS 9:00 AM (75 MIN) SANDY	PILATES SCULPT 9:30 AM LAKE	ROADRACERS 𨮒 9:00 AM STACIE	FIRM FUSION 9:30 AM CHARLETHA	RIDE & ABS 𨮒 9:00 AM SANDY	ROADRACERS 𨮒 8:30 AM LEXI	YOGA 10:00AM MARY
CROSS TRAINING 5:15 PM BRANDON	ZUMBA 5:30 PM MARIANA	YOGA 12:15 PM 90 MIN CHRISTIANNE	ZUMBA 5:30 PM MARIANA	CROSS TRAINING 5:30PM BRANDON	AEROBIC RIDE 9:30 AM MARIANA	
PILATES 360 6:15PM SANDY	ROADRACERS 𨮒 6:00PM HECTOR	CROSS TRAINING 5:30PM SCOTT	ROADRACERS 𨮒 6:00PM DEZ		YOGA 9:30 AM JOELLA	
ROADRACERS 𨮒 6:30 PM LEXI	ABS & CORE 6:30 PM (45 MIN) SCOTT	ROADRACERS 𨮒 6:30 PM MARK	Power Yoga 7:00PM ERIN		ZUMBA 10:30 AM MARIANA	
	YOGA 7:15 PM JOELLA	BUTI 6:30 PM (75 MIN) KRISTINA			BODIES ON THE BALL 11:30 AM CHARLETHA	
	ALL CLASSES 60 MIN UNLESS NOTED				KIDS CLUB Mon - Thur 8:30am-11:00am Sat 8:30am-12:00pm Mon - Thu 4:30pm-7:30pm	

BOXING/KICKBOXING

KICKBOXING 10:00 AM ISMAEL	KICKBOXING 6:00 AM ISMAEL	KICKBOXING 10:00 AM RALPH	KICKBOXING 6:00 AM ISMAEL	KICKBOXING 10:00 AM BRANDON	KICKBOXING 9:30 AM DEBBIE	KICKBOXING 10:00 AM STEPHEN	
KICKBOXING 5:30 PM DEBBIE	KICKBOXING 5:30 PM DEBBIE	KICKBOXING 4:30PM DEBBIE	KICKBOXING 4:30 PM DEBBIE	KICKBOXING 5:30 PM RALPH	BOXING (RING) 10:00 AM JASON	BOXING (RING) 10:00 AM JASON	
KICKBOXING 6:30 PM RALPH	KICKBOXING 7:30PM STEPHEN	KICKBOXING 5:30PM ATILLA	KICKBOXING 6:30 PM RALPH		KICKBOXING 4:00 PM RALPH	KICKBOXING 4:00PM DEBBIE	
KICKBOXING 7:30 PM DEBBIE		MUAY THAI 6:30 PM ATILLA	KICKBOXING 7:30 PM STEPHEN				

