



# WOODLAND HILLS

## JANUARY 2011 CLASS SCHEDULE

BUSINESS HOURS:

MON-THUR 5:00 AM-10:00 PM

FRI 5:00AM-10:00 PM

SAT 7:00 AM-7:00 PM

SUN 8:00 AM-7:00 PM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30AM-8:30AM						YOGA TODD CURTIS	
8:00 AM - 9:00 AM Stretching Room			BOXING & STRENGTH JANICE				
9:00 AM - 10:00 AM Studio	JAZZERCISE	JAZZERCISE	JAZZERCISE	JAZZERCISE STEP	JAZZERCISE BODY SCULPTING	JAZZERCISE	JAZZERCISE
9:00AM-10:00AM Stretching Room	ZUMBA FITNESS Natalie			ZUMBA FITNESS Natalie			
10AM-11:00AM Studio	JAZZERCISE FAB ABS	SPIN/ABS TYLER	SPIN/ABS TYLER	KOMBAT KARDIO HAKEEM	SPIN/ABS TYLER	SPIN MIKEL	YOGA TODD CURTIS
10:00 AM - 11:00 AM Stretching Room	BOXING & STRENGTH BLAST JANICE						
4:00PM-5:00PM	PICK UP BASKETBALL	PICK UP BASKETBALL	PICK UP BASKETBALL	PICK UP BASKETBALL	PICK UP BASKETBALL		
5:00 PM - 6:00 PM		YOGA KAREN	MAT PILATES KAREN	YOGA KAREN			
6:00 PM - 7:00 PM -	JAZZERCISE	CARDIO DUMBBELLS JEREMY	JAZZERCISE	CARDIO DUMBBELLS JEREMY			
7:00 PM - 8:00 PM	SPIN/CYCLE MIKEL		SPIN-BOOTCAMP G.G.				

20700 Ventura Blvd Woodland Hills, CA 91364 (818) 444-5100

\* "Jazzercise" & "Body Sculpt" are not a part of Meridian's Bodies in Motion. See Rhonda (818) 716-7677

Group Fitness Manager - Tyler Endicott - Email: tendicott@meridiansportsclubs.com