




SPECIALTY PROGRAMS

- Kangoo Jumps • • "Pronto Fitness Express" •
- Lloyd's Sparring Corner •

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						
						
	Lloyd's Sparring Corner <R> 6:30-7:30 pm		Lloyd's Sparring Corner <R> 6:30-7:30 pm	Kangoo Moses (F) 6:30-7:30 pm Beginner/Int.		
	Beginner/Int. Kangoo Moses <Y> 7:00-8:00 pm					
						Key <G> Grappling Room <F> Fitness Room <P> Pilates Room <R> Ring <Y> Yoga Westside Facility Business Hours: Mon-Thur: 5AM-11PM Friday: 5AM-9PM Sat-Sun: 7AM-7PM

Enroll for programs at the Front Desk or Fitness Desk

Phone: 310-818-7266 (Inquire for more information).

Membership required for Specialty Programs.