

BODIES IN MOTION

CLUB HOURS

Mon-Thurs - 5:30 am to 9 pm
 Friday - 5:30 am to 7 pm
 Saturday - 7 am to 5 pm
 Sunday - 8 am to 3 pm

DECEMBER CLASS SCHEDULE

11980 SAN VICENTE BLVD BRENTWOOD
 310-571-3700

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 a.m. LOW & SCULPT Tzipora	7:00 a.m. YOGA Rose	7:00 a.m. LOW & SCULPT Elaine	6:00 a.m. CYCLE Vay	7:00 a.m. LOW/STEP & SCULPT Tzipora/Chloe		
			7:00 a.m. STRETCH Elaine			
8:00 a.m. STEP CIRCUIT Elise	8:00 a.m. STRETCH Elise	8:00 a.m. LOW & SCULPT Tzipora	8:00 a.m. STEP & SCULPT Elaine	8:00 am STRETCH/ PILATES Vicki		
		8:00 a.m. CYCLE Sarah				
9:00 a.m. LOW & SCULPT Chloe	9:00 a.m. CARDIO CIRCUIT Kay	9:00 a.m. CARDIO CIRCUIT Sarah	9:00 a.m. LOW & SCULPT Elise	9:00 a.m. BODY SCULPT Carlos	9:00 am STEP Elise	9 to 10:15 a.m. STEP & SCULPT Vicki
					9:00 a.m. YOGA Raghavan	
10:00 a.m. PILATES MAT Elise	10:00 a.m. LATIN RHYTHM Kay	10:00 a.m. STRONG WOMEN Loretta	10:00 a.m. INTENSATI Reyna (specialty class)	10:00 a.m. STRONG WOMEN Loretta	10:00 a.m. BODY SCULPT Elise	10:15 a.m. YOGA Kathy (Specialty class)
		10:00 a.m. ADVANCED CIRCUIT Chloe		10:00 am ADVANCED CIRCUIT Chloe		
12 :00 pm CARDIO CIRCUIT		12 to 12:30 CYCLE Vay				
5:30 p.m. CARDIO CIRCUIT Lauri	6:00 p.m. YOGA Kathy	5:30 p.m. CARDIO CIRCUIT Vay	5:30 p.m. BODY SCULPT Lauri	<div style="border: 2px solid blue; padding: 10px; text-align: center;"> <p>STARTING DECEMBER 15TH 6:30 PM PILATES MAT WITH RAGHAVAN</p> <p>SPECIALTY CLASSES \$6 MEMBERS \$10 NON-MEMBERS</p> </div>		
6:30 p.m. PILATES MAT Vicki		6:30 pm PILATES MAT Raghavan	6:30 p.m. YOGA Raghavan			