

MERIDIAN'S BODIES IN MOTION

ENCINO

BUSINESS HOURS

MON-THURS: 5AM-11PM
 FRI: 5AM-9PM
 SAT-SUN: 7AM-7PM
 (818) 995-7700
 17031 Ventura Blvd.
 Encino, CA 91316

updated

2/1/2012

Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 AM JO Firm Fusion	8:30 AM Betty Cardio Core	8:30AM Michael Ab Blast (20 Min)	8:30AM Betty Cardio Core	8:30 AM Emily Zumba	9:30AM Melanie Firm Fusion	10:30 AM Leona ABC Workout
10:30AM Beth Yoga	5:30 PM Tracy Cardio Intervals	10:30 AM Todd Hatha Yoga	6:30PM Matt X-treme	10:30 AM Todd Hatha Yoga	10:30AM Melanie Mat Pilates	11:30AM Todd Level 1 Yoga
6:30PM Emily Zumba	6:30 PM Terrence Total Body workout	6:30PM Miracle Zumba				
		7:30PM Todd Yoga Level 1				



****All classes subject to change****

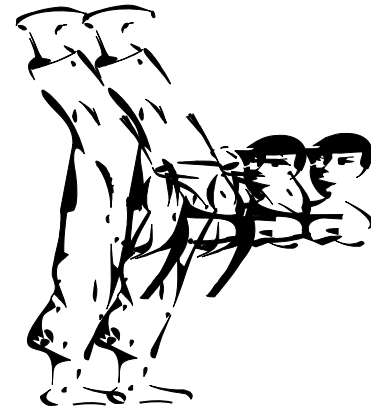
Roadracers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM Michael A Roadracers	6:00AM Tracey Roadracers	8:30AM Michael A. Roadracers	6:00AM Tracy Roadracers	8:30AM Jo Roadracers	8:30AM Tami Roadracers	9:15AM Larry Roadracers
6:15PM Lyle Roadracers	9:30AM Lisa Roadracers	6:15PM Evita Roadracers	9:30AM Jo Roadracers			
	6:30PM Jo Roadracers		6:30PM Charles Roadracers			



Boxing / Kickboxing

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM Chris S. Kickboxing	10:00 AM Jason Kickboxing	6:00AM Chris S. Kickboxing	10:00AM Jason Kickboxing	6:00AM Chris S. Kickboxing	10:30AM Troy Boxing	10:00AM Jason Kickboxing
12:30PM Floyd Boxing	6:30 PM Hakeem Kickboxing	4:30PM Floyd Boxing	6:30PM Mathew Kickboxing	12:30PM Floyd Boxing		
4:30PM Floyd Boxing	7:30PM Jason Kickboxing	5:30PM Mathew Kickboxing	7:30PM Jason Kickboxing	4:30PM Floyd Boxing		
5:30PM Mathew KickBoxing		6:30PM Floyd Boxing				
6:30PM Floyd Boxing						
7:30PM Matthew Kickboxing						



***** NEW CLASSES WILL BE ADDED EVERY MONTH!!!!**