



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

**EFFECTIVE:**

**Jan. 12**

# NEW WINTER SCHEDULE

## Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM Vincenzo <b>Bootcamp</b>	7:15AM Amy <b>Yoga</b>	6:00AM Vincenzo <b>Bootcamp</b>	7:15AM Amy <b>Yoga</b>	8:30AM Gretha <b>Firm Fusion</b>	9:30AM Melanie <b>Hard Core</b> (30min)	10:30AM Vincenzo <b>Total Body Sculpt</b>
8:30AM Melanie <b>Step Interval Training</b>	8:30AM Sharyn <b>Power Core Fusion</b>	8:30AM Carol <b>Yoga/Pilates Combo</b>	8:30AM Sharyn <b>Power Core Fusion</b>	9:30AM Melanie <b>Pilates Plus</b>	10:00AM Melanie <b>Defined Behind</b> (30min)	11:30AM Dahlia <b>Power Yoga I &amp; II</b> (75min)
9:30AM Jo <b>Firm Fusion</b>	11:30am Vincent <b>Tai Chi</b>	9:30AM Carol <b>On the Ball</b>	11:00AM Vincent <b>Beg.Tai Chi(30min)</b>		10:30AM Melanie <b>Firm Fusion</b>	4:00PM Amy <b>Yoga</b> (75min)
11:30AM Dahlia <b>Power Yoga I &amp; II</b> (75 min)	12:30PM Melanie <b>MAT PILATES</b>	4:30PM Yvette <b>Basic Training</b>	11:30am Vincent <b>Tai Chi</b>		11:30AM Melanie <b>Firm Fusion</b>	
4:30PM Yvette <b>Basic Training</b>	5:45 Jo <b>Step N Sculpt</b>	5:45PM Floyd <b>Jump Rope Jam*</b>	12:30PM Melanie <b>MAT PILATES</b>		11:30AM Melanie <b>MAT PILATES</b>	
6:30PM Vincenzo <b>Salsa/Hip Hop</b>	7:30PM Dahlia <b>Yoga (75min)</b>	6:30PM Renzo <b>Abs (30 min)</b>	6:30PM Vincenzo <b>Kombat Kardio</b>			
7:45PM Ron <b>Core Resistance Training</b>		7:00PM Michelle <b>Lower Body (30 min)</b>	7:30PM Michelle <b>Hatha Yoga (90min)</b>			
		7:30PM Michelle <b>Pilates</b>				
		8:30PM Michelle <b>Stretch (30 min)</b>				

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

**\*Jump Ropes available upon request**  
 revised 01/14/09

## Roadracers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM Ron <b>ROADRACERS</b>	6:00AM Tracey Lynn <b>ROADRACERS</b>	8:30AM Renzo <b>ROADRACERS</b>	6:00AM Tracy Lynn <b>ROADRACERS</b>	8:30AM Jo <b>ROADRACERS</b>	8:30AM Tami <b>ROADRACERS</b> (60min)	9:15AM Larry <b>ROADRACERS</b> (60min)
6:15PM Lyle <b>ROADRACERS</b>	9:30AM Shannon <b>ROADRACERS</b>	6:15PM Lyle <b>ROADRACERS</b> (60min)	9:30AM Shannon <b>ROADRACERS</b>		10:00AM Renzo <b>ROADRACERS</b>	
	6:30PM Jo <b>ROADRACERS</b> (60min)	7:45PM Ron <b>ROADRACERS</b>	6:30PM Jo <b>ROADRACERS</b>			

## Boxing / Kickboxing

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM Chris S. <b>Kickboxing</b>	7:00AM Matthew <b>Kickboxing</b>	6:00AM Chris S. <b>Kickboxing</b>	7:00AM Matthew <b>Kickboxing</b>	6:00AM Chris S. <b>Kickboxing</b>	9:00AM Chris S. <b>Boxing</b>	10:00AM Jason <b>Kickboxing</b>
12:30PM Floyd <b>Boxing</b>	10:00AM Vincent <b>Kickboxing</b>	12:30PM Floyd <b>Boxing</b>	10:00AM Vincent <b>Kickboxing</b>	10:30AM Chris S. <b>Kickboxing</b>	10:00AM Troy <b>Boxing</b>	
4:30PM Floyd <b>Boxing</b>	5:30PM Vincent <b>Mixed Kickboxing</b>	4:30PM Floyd <b>Boxing</b>	5:30PM Vincenzo <b>Boxing</b>	12:30PM Floyd <b>Boxing</b>	11:00AM Troy <b>Boxing</b>	
5:30PM Chris S. <b>Kickboxing</b>	6:30PM Lisa <b>Kickboxing</b>	5:30PM Matthew <b>Kickboxing</b>	7:30PM Jason <b>Kickboxing</b>	4:30PM Floyd <b>Boxing</b>		
6:30PM Floyd <b>Boxing</b>		6:30PM Floyd <b>Boxing</b>		6:30PM Floyd <b>Boxing</b>		
7:30PM Matthew <b>Kickboxing</b>		7:30PM Jason <b>Kickboxing</b>				