

Kids Club

Mon-Thur: 8:30am - 12:00p  
 4:30p - 8:30p  
 Fri :8:30am - 12:00p 4:30p - 7:30p  
 Sat: 8:30a - 12:00p



BUSINESS HOURS  
**MON-THURS: 5AM-11PM**  
**FRI: 5AM-9PM**  
**SAT-SUN: 7AM-7PM**  
 (818) 700-4900  
 10155 Reseda Blvd.  
 Northridge CA 91324

Effective:

3/1/2009

# FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM Wiyatta Firm Fusion	6:30AM Michelle Cardio Sculpt	8:30AM Wiyatta Firm Fusion	9:30AM Gretha Yoga with Weights	8:30AM Sharyn Beg. Step (45min)	10AM Wiyatta Total Body Sculpt	10:30AM Belinda Yoga (75min)
12:00PM Gretha Yo-Pilates Fusion	7:30AM Michelle Yoga	5:30PM Adam Old Skool Step (30min)	10:30AM Gretha Stretch & Core	9:15AM Sharyn Hard Core(15min)	11:00AM Gretha Yoga I & II	5:00PM Hakeem Yoga
5:30PM Adam Cardio Burn(45min)	9:30AM Gretha Pilates Core Fusion	6:00PM Adam Firm Fusion Express (30min)	6:00PM Wiyatta Cardio Sculpt	12:00PM Sharyn Stretch & Core		
6:15PM Adam Hard Core (15min)	5:00PM Matthew Street Smarts					
6:30PM Delandis Burlesque Fusion	6:00PM Vincenzo Kombat Kardio	6:30PM Aviva Yoga I & II				
7:30PM Belinda Yoga (75min)	7:00PM Vincenzo Hard Core (30min)	7:30PM Briana Zumba				
	7:30PM Vincenzo Defined Behind (30min)					

March 2009

# ROADRACERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15AM Susan ROADRACERS	8:30AM Richard ROADRACERS	7:15AM Susan ROADRACERS	8:30AM Valerie ROADRACERS	8:30AM Richard ROADRACERS	9:00AM Richard ROADRACERS	9:00AM Monica ROADRACERS
6:15PM Marty ROADRACERS Plus (75min)	6:15PM Michale ROADRACERS	6:15PM Marty ROADRACERS Plus (75min)	6:15PM Michale ROADRACERS		Plus (75min)	



# BOXING & KICKBOXING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM Matthew Kickboxing	6:00AM Chris S. Boxing	9:30AM Matthew Kickboxing	6:00AM Chris S. Boxing	9:30AM Matthew Kickboxing	9:30AM Jason Kickboxing	10:30AM Chris S. Boxing Technique
4:30PM Troy Boxing	9:30AM Matthew Kickboxing	4:30PM Troy Boxing	5:30PM Troy Boxing	4:30PM Troy Boxing	11AM Jason Kickboxing	
5:30PM Matt Kickboxing	5:30PM Troy Boxing	5:30PM Matt Kickboxing	6:30PM Matt Kickboxing	5:30PM Troy Boxing		
6:30PM Troy Boxing	6:30PM Matt Kickboxing	6:30PM Troy Boxing	7:30PM Troy Boxing			
	7:30PM Troy Boxing					

All classes subject to



9:45AM TBA  
Reformer Pilates

# SPECIALTY



9:45AM TBA  
Reformer Pilates

\*\*specialty membership required