



BUSINESS HOUR:  
 MON-THURS: 5AM-11PM  
 FRI: 5AM-9PM  
 SAT-SUN: 7AM-7PM  
 (626) 577-2211  
 900 SOUTH ARROYO PKWY.  
 PASADENA, CA 91105

SCHEDULE EFFECTIVE:  
 January 11, 2010

# FITNESS & ROADRACERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM NOEL ⚡ ROADRACERS	8:30AM DEZ ⚡ ROADRACERS	6AM CHARLETHA ROADRACERS	8:30AM DEZ ⚡ ROADRACERS	6:00AM DEZ ⚡ ROADRACERS	8:30AM PERLA <b>Cross Training Fitness</b>	9AM STACIE ROADRACERS
9:00AM DEZ RIDE & ABS 75 MIN	9:30AM LISA PILATES SCULPT	9:00AM DEZ ROADRACERS	9:30am Charletha FIRM FUSION	9:00AM PERLA CROSS TRAINING FITNESS	8:30AM NOEL ROADRACERS	10:00AM MICHAEL POWER YOGA
5:15PM PERLA Cross Training Fitness	5:15pm LISA STEP & SCULPT	9:30AM IVY YOGA	5:30PM IVY CARDIO DANCE	9:00AM LISA ⚡ RIDE & ABS (75 MIN)	9:30AM NOEL ROADRACERS	10:15am LISA
5:45PM LISA ⚡ ROADRACERS	5:45PM DEZ ⚡ ROADRACERS	5:15PM LISA/SCOTT	5:45PM LISA ⚡ ROADRACERS	6:00PM NOEL ROADRACERS	9:30 AM JOELLA <b>Integral Yoga</b>	<b>RIDE/ABS (75 MIN)</b>
6:15PM SANDY MAT PILATES	6:15PM SCOTT CORE TRAINING	FITNESS CHALLENGE	7:15PM MICHAEL YOGA		11AM CHARLETHA Bodies on the Ball	
7:00PM NOEL ⚡ ROADRACERS	6:45PM CHRIS ⚡ ROADRACERS	6:15 PM CHRISTIANNE				
7:15PM JOEY Afro Latino Groove	7:15PM MICHAEL YOGA	POWER YOGA AYURVEDA				
		6:30PM NOEL ⚡ ROADRACERS (75 MIN)				
					<b>KIDS CLUB</b> Mon - Fri 8:00 A.M. - 11:30 A.M. Mon - Thu 4:30 P.M. - 8:30 P.M. Sat 8:00 A.M. - 12:00 P.M.	

10:00AM ROBERT Kickbox Challenge	6:00AM ISMAEL KICKBOXING	10:00AM ROBERT Kickbox Challenge	6:00AM ISMAEL KICKBOXING	10:00AM BRANDON KICKBOXING	9:00AM DEBBIE KICKBOXING	10:00AM STEPHEN KICKBOXING
5:30PM DEBBIE KICKBOXING	5:30PM DEBBIE KICKBOXING	4:30PM DEBBIE KICKBOXING	4:30PM DEBBIE KICKBOXING	5:30PM ATILLA BOXING	10:00AM DEBBIE KICKBOXING	4:00PM DEBBIE KICKBOXING
6:30PM ISMAEL KICKBOXING	6:30PM ROBERT Kickbox Challenge	5:30PM ATILLA BOXING	6:30PM ROBERT Kickbox Challenge		4:00PM KAREN KARDIO KICKBOXING	
7:30PM DEBBIE KICKBOXING	7:30PM STEPHEN KICKBOXING	6:30PM ATILLA MUAY THAI	7:30PM STEPHEN BOXING			
8:30PM KAREN KARDIO KICKBOXING		6:30PM ROBERT KICKBOXING				
		7:30PM KAREN KARDIO KICKBOXING				