



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:
 October 1, 2010

FITNESS & ROADRACERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM JEFF ♂ ROADRACERS	7:30AM LAUREN CORE BEYOND	6AM CHARLETHA ♂ ROADRACERS	8:30AM DEZ ♂ ROADRACERS	6AM DREW ♂ ROADRACERS	8:30AM SCOTT Cross Training	9AM STACIE ♂ ROADRACERS
9AM DEZ ♂ RIDE & ABS 75 MIN	THE FLOOR 8:30AM DEZ ♂ ROADRACERS	9AM LISA ♂ ROADRACERS	9:30am Charletha FIRM FUSION	9:00AM LISA RIDE & ABS 75 MIN	Cross Training Fitness	10AM DAVID YOGA
5:15PM PERLA Cross Training Fitness	9:30 AM LISA PILATES		5:30PM MARIANA ZUMBA		8:30AM Brent ♂ ROADRACERS	
5:45PM LISA ♂ ROADRACERS	5:30PM MARIANA ZUMBA	12:15 CHRISTIANNE YOGA	5:45PM LISA ♂ ROADRACERS		9:30AM RITA 9:30AM RITA	
6:15PM SANDY MAT PILATES	5:45PM DEZ ♂ ROADRACERS	3RD/4TH WED OF THE MONTH	6:30PM CYRUS YOGA		9:30 AM JOELLA Integral Yoga	
6:45PM HECTOR ♂ ROADRACERS		5:15PM SCOTT FITNESS CHALLENGE			11AM CHARLETHA Bodies on the Ball	
7:15PM JOEY Afro Latino Groove	6:30PM SCOTT ABS & CORE 45min					
	7:15PM CYRUS YOGA	DAVID YOGA 6:15PM				
		6:45PM BRENT ♂ ROADRACERS 75 MIN				
					KIDS CLUB Mon - Sat 8:00 A.M. - 12:00 P.M. Mon - Thu 4:30 P.M. - 8:00 P.M.	

BOXING/KICKBOXING

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