



SPECIALTY PROGRAMS

- "Butt Blaster" Workout • MMA Academy •
- Xtreme Dance Blast •
- Olympic Action • • "Executive" Boot Camp •

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
(6:00am-7:00am) Executive Boot Camp Matteo <F>		(6:00am-7:00am) Executive Boot Camp Matteo <F>			<G> (11-12:15 pm) MMA Brazilian Top Team BTT	
	Karen Harris Olympic Action (10-11 am)		Karen Harris Olympic Action (10-11 am)			
	<G> (11:00a-12:15 pm) Jiu JitSu		<G> (11:00a-12:15 pm) Jiu JitSu			
<G> (7:00-8:15 pm) Jiu JitSu	<G> (7:00-8:15 pm) MMA	<G> (7:00-8:15 pm) Jiu JitSu	<G> (7:00-8:15 pm) MMA			
Brazilian Top Team BTT	Brazilian Top Team BTT	Brazilian Top Team BTT	Brazilian Top Team BTT			
(8:15-9:30 pm). <F> Karen "XDB" Xtreme Dance Blast	<Y> <u>Beginner XDB</u> (7:00-7:30 pm). "XDB" <u>XDB Intermed.</u> (8:15-9:30 pm). Xtreme Dance Blast Karen	(8:15-9:30 pm). <F> Karen "XDB" Xtreme Dance Blast			Jillian <F> "Butt Blaster" Workout 1:00 PM	Key <G> Grappling Room <F> Fitness Room <Y> Yoga Westside Facility Business Hours: Mon-Thur: 5AM-11PM Friday: 5AM-9PM Sat-Sun: 7AM-7PM

New Programs are shaded:
Phone: 310-818-7266 (Inquire for more information).

Membership required for Specialty Programs.



February-10