MERIDIAN'S BODIES IN MOTION

SPECIALTY PROGRAMS

• "Butt Blaster" Workout •
MMA Brazilian Top Team •
• "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>			**Coming Soon** Treading	
	Coming Soon Treading...		**Coming Soon** Treading...		<G> (11-12:15 pm) **MMA** Brazilian Top Team **BTT**	
	Special Events: Find Your Body Balance					
<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**			
	See the Personal Training Department **New Body Balance!**			New Time!!	**Jillian** <F> **"Butt Blaster"** Workout **11:15 AM**	

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.

BRAZILIAN TOP TEAM

5/1/10