



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:  
 July 13, 2010

# FITNESS & ROADRACERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM LISA ⌘ ROADRACERS	7:00AM LAUREN CORE BEYOND	6AM CHARLETHA ROADRACERS	8:30AM DEZ ⌘ ROADRACERS	6:00AM DREW ⌘ ROADRACERS	8:30AM SCOTT Cross Training	9AM STACIE ROADRACERS
9:00AM DEZ RIDE & ABS 75 MIN	THE FLOOR 8:30AM DEZ ⌘ ROADRACERS	9:00AM DEZ ROADRACERS	9:30am Charletha FIRM FUSION	9:00AM PERLA CROSS TRAINING FITNESS	8:30AM Brent ⌘ ROADRACERS	10:00AM DAVID YOGA
5:15PM PERLA Cross Training Fitness	9:30 AM LISA PILATES	9:30AM IVY YOGA	5:30PM LINDA ZUMBA	9:00AM LISA ⌘ RIDE & ABS (75 MIN)	9:30AM RITA HARD CORE SPIN	
5:45PM LISA ⌘ ROADRACERS	5:30PM LINDA ZUMBA	CHRISTIANNE 12:15PM YOGA 3RD/4TH WED OF THE MONTH	5:45PM LISA ⌘ ROADRACERS	6:00PM DREW ROADRACERS	9:30 AM JOELLA Integral Yoga	
6:15PM SANDY MAT PILATES	5:45PM DEZ ⌘ ROADRACERS		6:30PM CYRUS YOGA		11AM CHARLETHA Bodies on the Ball	
7:00PM TBA ⌘ ROADRACERS		5:15PM SCOTT FITNESS CHALLENGE				
7:15PM JOEY Afro Latino Groove	6:30PM SCOTT ABS & CORE TRAINING 45min	5:45PM RITA ⌘ HARD CORE SPIN				
	7:15PM CYRUS YOGA	6:15 PM DAVID YOGA				
		7:00PM BRENT ⌘ 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.	

## BOXING/KICKBOXING

10:00AM ISMAEL Kickbox Challenge	6:00AM ISMAEL KICKBOXING	10:00AM ISMAEL 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 DEBBIE Kickbox Challenge	5:30PM ATILLA BOXING	5:30PM DANIEL KICKBOXING		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 DEBBIE KICKBOXING				
		7:30PM KAREN KARDIO KICKBOXING				