Specialty Programs

• "Butt Blaster" Workout • Cardio Dance Fusion •
• "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>				
					Jeannie <F> **"Butt Blaster"** Workout **11:15 AM**	**Key** <G> Grappling Room <F> Fitness Room <Y> Yoga
	"Dance" **Cardio Dance Fusion** <F> Delandis **8:15-9:15 pm**					Westside Facility Business Hours: Mon-Thur: 5AM-11PM Friday: 5AM-9PM Sat-Sun: 7AM-7PM

Rockstar Summer Workouts Gauranteed to get you in shape!!

Phone: 310-818-7266 (Inquire for more information).

Membership required for Specialty Programs.

8/1/10

www.bodiesinmotion.com