



The Sports Club/LA presents our

Group Exercise and Mind Body Schedule

for Labor Day Weekend

Friday, September 3rd – Monday, September 6th

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All classes will be held except the
5:30pm Power Yoga class.

Saturday, September 4th

8:30 – 9:15am Cardio Blast with Nadia
9:00 – 10:30am Power Yoga with Claire
9:15 – 10:00am Definitions with Nadia
10:00 – 11:00am Rev with Nadia
10:15 – 11:30am Restorative Yoga with Ann
10:40 – 11:40am Pilates Mat with Pia

Sunday, September 5th

9:00 – 10:15am Perpetual Yoga 2-3 with Aaron
9:00 – 10:00am Rev with Nadia
9:00 – 10:00am Cardio Fusion with Sonja
10:00 – 11:00am Definitions with Sonja
10:15 – 11:30am Perpetual Yoga 1-2 with Aaron

Monday, September 6th

7:00 – 8:00am Rev with Nadia
8:45 – 9:30am Zenergy with Maryanne
9:00 – 10:15am Power Flow Yoga with Adena
9:30 – 10:30am Circuit Strength with Maryanne
12:00 – 1:00pm Power Yoga with Mary
1:15 – 2:00pm Pilates with Luis

Please contact Jess Lopez at
jlopez@mp-sportsclub.com with questions.