



The Sports Club/LA presents our

Group Exercise and Mind Body Schedule

for Labor Day Weekend

Friday, September 3rd – Monday, September 6th

Friday, September 3rd

6:15 – 7:00am Rev with Kate Manolakos
7:00 – 8:00am Power Yoga with Will Stewart
9:30 – 10:30am Splash with Beth Antell
9:45 – 10:30am Rev with Anne Dougherty
10:30 – 11:30am Definitions with Robert Teri
12:00 – 1:00pm YA-LA with Laurent Amzallag
12:00 – 1:00pm Core Yoga with Margaret Ward
12:15 – 1:15pm Rev and Core with Robert Teri

No Evening Classes

Saturday, September 4th

8:15 – 9:30am Hatha Yoga with Will Stewart
8:30 – 9:30am Rev with Pat Potter
9:30 – 10:30am Ultimate Boxing with Justin Lee
10:00 – 11:00am Rev with Jason Vasquez
10:30 – 11:30am Cardio Craze with Mindi Levitz
11:30am – 12:30pm Definitions with Mindi Levitz
11:30am – 1:00pm Gentle Yoga with Ginger Daniel
12:30 – 1:30pm Zumba with Elena Menshutkina

No Evening Classes

Sunday, September 5th

9:00 – 10:00am Splash with Francisco Rodriguez
9:00 – 10:15am Vinyassa Flow with Valerie Grange
9:30 – 10:15am Hi-Lo Blast with Dave Williams
10:00 – 11:00am Rev with Linus Chen
10:15 – 11:15am Definitions with Dave Williams
10:15 – 11:30am Kundalini with Ken Rub
11:15am – 12:1 pm Step with Gia-Ninh
11:30am – 12:30pm Pilates Fundamentals
with Kristen Krash
12:30 – 1:30pm Afro Brazilian Dance
with Angela Ingram
12:30 – 2:00pm Yoga Basics with Ginger Daniel

No Evening Classes

Monday, September 6th

8:30 – 10:00am Open All Yoga with Blandine Trouille
9:30 – 10:30am Rev with Christianne Phillips
10:00 – 11:00am Zumba with Elena Menshutkina
10:00 – 11:30am Vinyasa Yoga with Kellee Charles
11:00 – 11:30am Tabata 20/10 Conditioning:
Preview with Gia-Ninh Chuang
12:00 – 12:50pm Pilates Mat with Tracey McKee

No Evening Classes

Please contact Mike Gray, Group Exercise
Manager, at mgray@mp-sportsclub.com
with questions.