

The Sports Club/LA | **Group Exercise Schedule** | Labor Day Holiday *effective 9/2/10 thru 9/6/10*

THURSDAY 9/2	FRIDAY 9/3	SATURDAY 9/4	SUNDAY 9/5	MONDAY 9/6
6:30-7:20 am REV REV Studio Joel Ramirez	9:00-10:15am Ballet Studio 2 Jose Comoda	9:00-9:50 am REV Power Surge REV Studio Judy Truong	10:00-11:15 am REVPlus REV Studio Kevin Pura	8:30-9:30 am Total Body Conditioning Studio 1 Scott Morton
6:30-7:30 am Definitions Studio 1 Sergio Novoa	10:15-11:15am Brazilian Bootcamp Studio 2 Isabela Staycer	9:00-10:00 am Step Challenge Studio 1 JD	10:00-11:00 am Kickboxing Studio 1 Albert Isordia	12:00-1:00 pm REV REV Studio Albert Isordia
7:30-8:00 am ABSolution Studio 1 Joel Ramirez	12:00-12:50pm VideoREV REV Studio Buddy Maucha	10:00am-11:00am Power Athletics Studio 1 Judy Truong	11:00-12:00 pm On The Ball Studio 1 Judy Truong	1:00-2:00pm pm Total Body Conditioning Studio 1 Albert Isordia
8:30-9:30 am Barre Lengthen & Tone Studio 2 Michael Parra	1:00-2:00 pm Total Body Conditiong Studio 1 Buddy Macuha	10:30am-11:30am Splash Pool JD		5:30-6:30 pm REV REV Studio Michael Walker
9:00-9:50 am REV REV Studio Cassandra Bodlak		10:30-11:20am REV REV Studio Michael Walker		6:30-7:30 pm Total Body Conditiong Studio 1 Michael Walker
12:00-1:00 pm Total Body Conditioning Studio 1 Albert Isordia				
5:30-6:15 pm Ball & Glide Studio 2 Judy Truong				
5:30-6:30 pm Cardio Kickbox Studio 1 Charles Gottlieb				
5:30-6:20 pm REV Power Surge REV Studio Cassandra Bodlak				
6:30-7:30 pm Zumba! Studio 1 Ana Harris				
6:30-7:20 pm REV REV Studio Kevin Pura				
6:30-7:30 pm Jungshin Studio 2 Annika Kahn				

Please note: Scheduled instructors may change without notice.

Schedule Hotline: 415.633.3936 | Website and Class Descriptions: www.thesportsclub.com

