

# FITNESS SCHEDULE

EFFECTIVE 3/15/10

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			8:00am	8:00am	8:00am	
		8:30am <b>Cardio Kickbox</b> Evan	<b>Cardio Sculpt</b> Dante	<b>Pilates</b> Dante	<b>Cardio Sculpt</b> Dante	9:00am <b>Yoga</b>
	9:00am <b>Pilates</b> Dante			9:00am <b>Cardio Kickbox</b> Evan		<b>Flow &amp; Flexibility</b> Sean
			10:00am <b>Yoga</b> Sean			10:00am <b>Cardio Sculpt</b> Sam
4:00pm <b>Hatha Yoga</b> Sean	7:00pm <b>Hatha Yoga</b> Sean		7:00pm <b>Pilates</b> Sam	7:00pm <b>Yoga</b> <b>Flow &amp; Flexibility</b> Sean		
	8:00pm <b>Pump It!</b> Evan	8:00pm <b>Boxing</b> Evan	8:00pm <b>Pump It!</b> Evan	8:00pm <b>Boxing</b> Evan		
Beverly Hills Health & Fitness, 8301 Beverly Blvd., Los Angeles, CA 90048 Phone (323) 658-6999						