

ROCKREATION

Sport Climbing Centers • Los Angeles • Costa Mesa • Salt Lake City

AUGUST '08

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ROCKREATION 11866 La Grange Ave. Los Angeles, CA 90025 310.207.7199		GYM HOURS Mon & Wed Noon-11pm Tues & Thurs 6am-11pm Friday Noon-10pm Sat & Sun 10am-6pm			1	2
						10:00am FG2 12:00pm FG1 12:00pm Climb Time 3:00pm Kids Climb
3	4	5	6	7	8	9
10:00am FG3 12:00pm FG1 12:00pm Climb Time 3:00pm Kids Climb	YOGA 4:00pm Kids Climb 6:00pm Yoga 6:30pm Lead Class	SPECIAL CLINIC 7:00pm FG1 CHIROPRACTIC CLINIC	4:00pm Kids Climb 7:00pm FG2	7:00pm FG3		10:00am FG2 12:00pm FG1 12:00pm Climb Time 3:00pm Kids Climb
10	11	12	13	14	15	16
10:00am FG3 12:00pm FG1 12:00pm Climb Time 3:00pm Kids Climb	YOGA 4:00pm Kids Climb 6:00pm Yoga 7:00pm Adv. Movement	7:00pm FG1	4:00pm Kids Climb 7:00pm FG2	7:00pm FG3	GUEST NIGHT MEMBERS GUEST NIGHT	10:00am FG2 12:00pm FG1 12:00pm Climb Time 3:00pm Kids Climb
17	18	19	20	21	22	23
10:00am FG3 12:00pm FG1 12:00pm Climb Time 3:00pm Kids Climb	YOGA 4:00pm Kids Climb 6:00pm Yoga 6:30pm Lead Class	7:00pm FG1	4:00pm Kids Climb 7:00pm FG2	SPECIAL CLINIC 7:00pm FG3 SPINAL SCREENING		10:00am FG2 12:00pm FG1 12:00pm Climb Time 3:00pm Kids Climb
24/31	25	26	27	28	29	30
10:00am FG3 12:00pm FG1 12:00pm Climb Time 3:00pm Kids Climb	YOGA 4:00pm Kids Climb 6:00pm Yoga 7:00pm Adv. Movement	7:00pm FG1	4:00pm Kids Climb 7:00pm FG2	7:00pm FG3		

August Events

MEMBERS GUEST NIGHT*

August 15th

*Each member can bring in one free guest

YOGA

Mondays @ 6pm

Join Dr. Eric for a
 Chiropractic Clinic
 Tuesday, August 5th @ 7pm

Spinal Screening
 with Dr. Neal Snyder & Dr. Frank Derratt
 Thursday, August 21st @ 7-9pm