








ROCKREATION

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

SEPTEMBER '08

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  4:00pm Kids Climb 6:00pm Yoga 6:30pm Lead Class	2 7:00pm FG1	3 4:00pm Kids Climb 7:00pm FG2	4 7:00pm FG3	5	6 10:00am FG2 12:00pm FG1 12:00pm Climb Time 3:00pm Kids Climb
7 10:00am FG3 12:00pm FG1 12:00pm Climb Time 3:00pm Kids Climb	8  4:00pm Kids Climb 6:00pm Yoga 7:00pm Adv. Movement	9 7:00pm FG1	10 4:00pm Kids Climb 7:00pm FG2	11  7:00pm FG3 	12	13 10:00am FG2 12:00pm FG1 12:00pm Climb Time 3:00pm Kids Climb
14 10:00am FG3 12:00pm FG1 12:00pm Climb Time 3:00pm Kids Climb	15  4:00pm Kids Climb 6:00pm Yoga 6:30pm Lead Class	16 7:00pm FG1	17 4:00pm Kids Climb 7:00pm FG2	18 7:00pm FG3	19  MEMBERS GUEST NIGHT	20 10:00am FG2 12:00pm FG1 12:00pm Climb Time 3:00pm Kids Climb
21 10:00am FG3 12:00pm FG1 12:00pm Climb Time 3:00pm Kids Climb	22  4:00pm Kids Climb 6:00pm Yoga 7:00pm Adv. Movement	23 7:00pm FG1	24 4:00pm Kids Climb 7:00pm FG2	25 7:00pm FG3	26	27 10:00am FG2 12:00pm FG1 12:00pm Climb Time 3:00pm Kids Climb
28 10:00am FG3 12:00pm FG1 12:00pm Climb Time 3:00pm Kids Climb	29  4:00pm Kids Climb 6:00pm Yoga 6:30pm Lead Class	30 7:00pm FG1	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	

September Events

MEMBERS GUEST NIGHT*

September 19th

*Each member can bring in one free guest

YOGA

Mondays @ 6pm

Acupuncture Info Night
 with Nicole Weinberger
 Thursday, September 11th @ 7pm

MONA•VIE Drinks
 every Thursday in September
 6:00-8:45pm