

ROCKREATION

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

JULY 2010

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 7:00pm FG3	2	3 10:00am FG2 12:00pm FG1 1:00pm Climb Time 2:30pm FG2 3:00pm Kids Climb
4 10:00am FG3 12:00pm FG1 1:00pm Climb Time 2:30pm FG3 3:00pm Kids Climb	5 YOGA 4:00pm Kids Climb 6:00pm Yoga 6:30pm Lead Class	6 7:00pm FG1	7 4:00pm Kids Climb 7:00pm FG2	8 7:00pm FG3	9	10 10:00am FG2 12:00pm FG1 1:00pm Climb Time 2:30pm FG2 3:00pm Kids Climb
11 10:00am FG3 12:00pm FG1 1:00pm Climb Time 2:30pm FG3 3:00pm Kids Climb	12 YOGA 4:00pm Kids Climb 6:00pm Yoga 7:00pm Adv. Movement	13 7:00pm FG1	14 4:00pm Kids Climb 7:00pm FG2	15 7:00pm FG3	16	17 10:00am FG2 12:00pm FG1 1:00pm Climb Time 2:30pm FG2 3:00pm Kids Climb
18 10:00am FG3 12:00pm FG1 1:00pm Climb Time 2:30pm FG3 3:00pm Kids Climb	19 YOGA 4:00pm Kids Climb 6:00pm Yoga 6:30pm Lead Class	20 7:00pm FG1	21 4:00pm Kids Climb 7:00pm FG2	22 7:00pm FG3	23 GUEST NIGHT MEMBERS GUEST NIGHT	24 10:00am FG2 12:00pm FG1 1:00pm Climb Time 2:30pm FG2 3:00pm Kids Climb
25 10:00am FG3 12:00pm FG1 1:00pm Climb Time 2:30pm FG3 3:00pm Kids Climb	26 YOGA 4:00pm Kids Climb 6:00pm Yoga 7:00pm Adv. Movement	27 7:00pm FG1	28 SPECIAL CLINIC 4:00pm Kids Climb 7:00pm FG2 FREE BOULDER INSTRUCTION	29 7:00pm FG3	30	31 10:00am FG2 12:00pm FG1 1:00pm Climb Time 2:30pm FG2 3:00pm Kids Climb

July Events

MEMBERS GUEST NIGHT*

July 23rd

*Each member can bring in one free guest (after 6pm)

YOGA

Mondays @ 6pm

BETA NIGHT

(Free Boulder Instruction)

with Rockreation's Tim Nelson

Wednesday, July 28th @ 8pm