

ROCKREATION

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

JUNE 2010

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

June Events

MEMBERS GUEST NIGHT*

June 25th

*Each member can bring in one free guest

YOGA

Mondays @ 6pm

PREVENTING CLIMBING INJURIES

with Dr. Elkins & Dr. Snyder

Monday, June 21st @ 7pm

(Sign-up for class at the front desk)

FREE BOULDER INSTRUCTION

with Rockreation's Tim Nelson

Wednesday, June 30th @ 8pm