

ROCKREATION

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

MARCH 2010

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

March Events

MEMBERS GUEST NIGHT*

March 19th

*Each member can bring in one free guest

YOGA

Mondays @ 6pm

CHIROPRACTIC HEALTH CENTER

Spinal Screening

with Dr. Neal Snyder & Dr. Frank Derratt
 Thursday, March 18th @ 7pm

EVOLV SHOE NIGHT

Wednesday, March 24th
 starting @ 5:30pm