

ROCKREATION

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

MAY '08

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ROCKREATION 11866 La Grange Ave. Los Angeles, CA 90025 310.207.7199		GYM HOURS M & W Noon-11pm T & TH 6am-11pm F Noon-10pm S & S 10am-6pm		1 7:00pm FG3	2	3 10:00am FG2 12:00pm FG1 12:00pm Climb Time 3:00pm Kids Climb
4 10:00am FG3 12:00pm FG1 12:00pm Climb Time 3:00pm Kids Climb	5 YOGA 4:00pm Kids Climb 6:00pm Yoga 7:00pm Bouldering	6 7:00pm FG1	7 4:00pm Kids Climb 7:00pm FG2	8 7:00pm FG3	9 GUEST NIGHT MEMBERS GUEST NIGHT	10 10:00am FG2 12:00pm FG1 12:00pm Climb Time 3:00pm Kids Climb
11 10:00am FG3 12:00pm FG1 12:00pm Climb Time 3:00pm Kids Climb	12 YOGA 4:00pm Kids Climb 6:00pm Yoga 6:30pm Lead Class	13 SPECIAL CLINIC 7:00pm FG1 CHIROPRACTIC CLINIC	14 4:00pm Kids Climb 7:00pm FG2	15 SPECIAL CLINIC 7:00pm FG3 HERBALIFE NIGHT	16	17 10:00am FG2 12:00pm FG1 12:00pm Climb Time 3:00pm Kids Climb
18 10:00am FG3 12:00pm FG1 12:00pm Climb Time 3:00pm Kids Climb	19 YOGA 4:00pm Kids Climb 6:00pm Yoga 7:00pm Bouldering	20 7:00pm FG1	21 4:00pm Kids Climb 7:00pm FG2	22 SPECIAL CLINIC 7:00pm FG3 CHIROPRACTIC CLINIC	23	24 10:00am FG2 12:00pm FG1 12:00pm Climb Time 3:00pm Kids Climb
25 10:00am FG3 12:00pm FG1 12:00pm Climb Time 3:00pm Kids Climb	26 YOGA 4:00pm Kids Climb 6:00pm Yoga 6:30pm Lead Class	27 SPECIAL CLINIC 7:00pm FG1 CHIROPRACTIC LECTURE	28 4:00pm Kids Climb 7:00pm FG2	29 7:00pm FG3	30	31 10:00am FG2 12:00pm FG1 12:00pm Climb Time 3:00pm Kids Climb

May Events

MEMBERS GUEST NIGHT*

May 9th

*Each member can bring in one free guest

YOGA

Mondays @ 6pm

CHIROPRACTIC CLINIC with Dr. Eric
 Tuesday, May 13th @ 7pm

HERBALIFE NIGHT
 Thursday, May 15th @ 7pm

CHIROPRACTIC HEALTH CENTER CLINIC
 with Dr. Neal Snyder & Dr. Frank Derratt
 Thursday, May 22nd @ 7-9pm

CHIROPRACTIC LECTURE with Dr. Eric
 (rotator cuff, biomechanics, & common injuries)
 Tuesday, May 27th @ 7pm