



XMA WORLD HEADQUARTERS

CLASS SCHEDULE

NoHo Arts District
 5140 Lankershim Blvd.
 North Hollywood, CA
 Tel. 818.980.2962
www.XMAHQ.com

NEW SCHEDULE STARTS 5/15/12 ! (Subject To Change)

Member Hours: Mon – Fri: 11:00am – 9:30pm , F: 3:30 – 7:00 PM, Sat 9:00 AM – 1:00 PM

CLASS ENTRY: No late entry 10 mins after start of Fusion Class, 15 mins after start of all other classes.
 XMA TRAMP Classes: Students must check-in upon arrival. Class closes at start of class. Reserved spots given to waitlisted members if no call.
SHIFT, CAGE FITNESS & TRICKS FOR DANCERS– Separate Program, not a regular membership class.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	<u>8:30 am – 60 min</u> SHIFT Fitness <u>9:30 am – 60 min</u> SHIFT Fitness <u>11:30 am – 50 min</u> LET'S DO LUNCH! Parent & Me.Walking– 3yrs	<u>8:30 am – 60 min</u> SHIFT Fitness	<u>8:30 am – 60 min</u> SHIFT Fitness <u>9:30 am – 60 min</u> SHIFT Fitness <u>11:30 am – 50 min</u> LET'S DO LUNCH! Parent & Me. Walking– 3yrs	<u>8:30 am – 60 min</u> SHIFT Fitness	<u>8:30 am – 60 min</u> SHIFT Fitness <u>9:30 am – 60 min</u> SHIFT Fitness	<u>8:30 am – 60 min</u> SHIFT Fitness <u>9:30 am – 30 min</u> CAGE FITNESS <u>10:00 am – 50 min</u> XMA Kids - Mixed TRAMP/ACRO Teens	Class Age Groups: Let's Do Lunch Walking - 3yrs Fusion 3 - 5 yrs Kids 5 - 12 yrs Teens 13 - 17 yrs Adults 18 yrs + Kids/Teens 14 & Under Teen/Adults 15 yrs + CAGE Fitness 16 yrs +
PM	<u>3:30pm – 30 min</u> XMA Fusion 3-5 yrs <u>4:00pm – 50 min</u> XMA INT - Kids TRAMP/ACRO Kids <u>5:00pm – 50 min</u> XMA BASIC -Kids TRAMP/ACRO Kids <u>6:00pm – 50 min</u> XMA BASIC Teen/Adult TRAMP/ACRO Kids/Teens <u>7:00pm – 50 min</u> XMA ADV. All Ages Blue Belts TRAMP/ACRO Teen/Adult <u>8:00pm – 30 min</u> CAGE FITNESS <u>8:30 pm – 50 min</u> TRICKS Teen/Adult <i>*Audition Required</i>	<u>3:30pm – 30 min</u> XMA Fusion 3-5 yrs <u>4:00 pm – 50 min</u> XMA BASIC - Kids TRAMP/ACRO Kids <u>5:00 pm – 50 min</u> XMA INT - Kids TRAMP/ACRO Kids <u>6:00 pm – 50 min</u> XMA INT. Teen/Adult TRAMP/ACRO Kids/Teen <u>7:00 pm – 50 min</u> XMA ADV. All Ages Brown&Red Belts ACRO Teen/Adult <u>8:00 pm – 30 min</u> CAGE FITNESS <u>8:30 pm – 50 min</u> TRICKS Teen/Adult <i>*Audition Required</i>	<u>3:30pm – 30 min</u> XMA Fusion 3-5 yrs <u>4:00pm – 50 min</u> XMA INT - Kids TRAMP/ACRO Kids <u>5:00pm – 50 min</u> XMA BASIC -Kids TRAMP/ACRO Kids <u>6:00pm – 50 min</u> XMA BASIC Teen/Adult TRAMP/ACRO Kids/Teens <u>7:00pm – 50 min</u> XMA ADV. All Ages Blue Belts TRAMP/ACRO Teen/Adult <u>8:00pm – 30 min</u> CAGE FITNESS <u>8:30 pm – 50 min</u> TRICKS Teen/Adult <i>*Audition Required</i>	<u>3:30pm – 30 min</u> XMA Fusion 3-5 yrs <u>4:00 pm – 50 min</u> XMA BASIC - Kids TRAMP/ACRO Kids <u>5:00 pm – 50 min</u> XMA INT - Kids TRAMP/ACRO Kids <u>6:00 pm – 50 min</u> XMA INT. Teen/Adult TRAMP/ACRO Kids/Teen <u>7:00 pm – 50 min</u> XMA ADV. All Ages Brown&Red Belts ACRO Teen/Adult <u>8:00 pm – 30 min</u> CAGE FITNESS <u>8:30 pm – 50 min</u> TRICKS Teen/Adult <i>*Audition Required</i>	<u>3:30 pm – 50 min</u> XMA Fusion 3-5 yrs <u>4:00 pm – 50 min</u> TRAMP/ACRO Kids WEAPONS - <i>*Orange Belts or higher</i> <u>5:00 pm – 50 min</u> ACRO INT/ADVANCED *must be approved for class* <u>6:00 – 50 min</u> XMA LEADERSHIP	<u>11:00 am – 50 min</u> XMA Teen/Adult - Mixed TRAMP/ACRO Kids <u>12:00 pm – 60 min</u> ACRO Adults	XMA BASIC CLASS White / Orange XMA INTERMEDIATE CLASS Yellow / Green / Purple XMA ADVANCED CLASS Blue / Brown / Red / Red-Black *Brown and Red Belts Are allowed to train in the Mon/Wed class. *Blue Belts -Mon / Wed only. Please see the front desk if you have any questions.