

Health & Fitness Stage Schedule Free Classes, Performances & Demonstrations

Times subject to change. Please See posted schedules by each stage for more information.

Times	Main Stage	Classes Stage
11 AM	Zumba Class with Rita Ashton	Martial Arts Demo with Master Jack Fu
11:30 AM		LMU Extensions Yoga Class
12 PM	Boxing Class: Boxervate with Woodie Hamilton	Hot 8 Yoga Class (12-12:45pm)
12:30 PM	Self Defense Z Ultimate	
12:45 PM		Yoga Class with Allyn Cioban, www.yogawithallyn.com (12:45-1:30pm)
1 PM	Workout with Tony Horton from the P90X Fitness Phenomenon	Pet & human CPR Demo, courtesy of Joffe Emergency Services
1:30 PM		
2 PM	Tony Horton Meet & Greet	Cardio Kickboxing with Beyond Physical Therapy
2:30 PM	Santa Monica Chamber "Volunteer of the Year" Adam Holt & Raffle	Yoga Tune-up with Beyond Physical Therapy
3 PM	<i>National Dance Day Dizzy Feet</i> Routine taught by Jeffery McCann & West Bound	LEAF Lifestyle Fitness Demo & Class
3:30 PM	West Bound Performance and "Dance Off"	Shaolin Monks, courtesy of Dragon Herbs