

# Long Beach Gym

1335 Loma Ave

Long Beach, Ca 90804

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:00</b>							<b>C L O S E D</b>
<b>6:00</b>							
<b>7:00</b>	7:00-8:00am Amanda	7:00-8:00am Amanda	7:00-8:00am Amanda	7:00-8:00am Amanda	7:00-8:00am Amanda		
<b>8:00</b>	8:30-9:30am Mike		8:30-9:30am Mike	8:30-9:30am Mike	8:30-9:30am Mike	8:30-9:30am Mike	
<b>9:00</b>						9:30-10:30am Mike	
<b>10:00</b>							
<b>11:00</b>							

<b>3:00</b>							<b>C L O S E D</b>
<b>4:00</b>	4:00-5:00pm Mike	4:00-5:00pm Mike/Amanda	4:00-5:00pm Mike	4:00-5:00pm Mike/Amanda	4:00-5:00 Mike		
<b>5:00</b>	5:00-6:00pm Mike/Amanda	5:00-6:00pm Mike/Amanda	5:00-6:00pm Mike/Amanda	5:00-6:00pm Mike/Amanda	5:00-6:00 Mike		
<b>6:00</b>	6:00-7:00pm Mike/Amanda	6:00-7:00pm Mike/Amanda	6:00-7:00pm Mike/Amanda	6:00-7:00pm Mike/Amanda			
<b>7:00</b>	7:00-8:00pm Brian	7:00-8:00pm Mike/Amanda	7:00-8:00pm Brian	7:00-8:00pm Mike/Amanda	7:00-8:00pm Brian		
<b>8:00</b>		8:00-9:00pm Mike/Amanda		8:00-9:00pm Mike/Amanda			