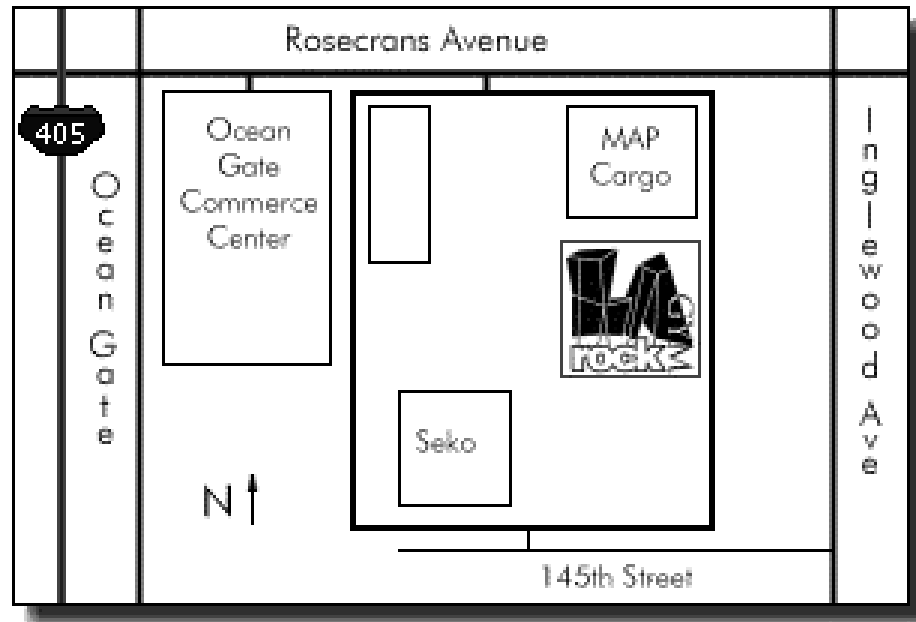


LA Rock Gym

4926 W. Rosecrans Ave. • Hawthorne, CA 90250 • (310) 973-3388



Gym Hours

Monday-Thursday	11:00 a.m. to 10:00 p.m.
Friday	11:00 a.m. to 8:00 p.m.
Saturday & Sunday	9:00 a.m. to 6:00 p.m.

Directions from South Pasadena

25 miles • 30 minutes

- Take the 110 Pasadena Freeway south toward Los Angeles.
- Continue onto Interstate 110 south toward Long Beach.
- Take Interstate 105 west toward LA Airport.
- Take Interstate 405 south toward Long Beach
- Exit Rosecrans Avenue **EASTBOUND**.
- Turn right onto Hindry Avenue.
- Turn right onto Rosecrans Avenue.
- Turn right into the **SECOND DRIVEWAY** past Ocean Gate Avenue.
- LA Rock Gym is the second building on the left.