



#### THE FUTURE X

























































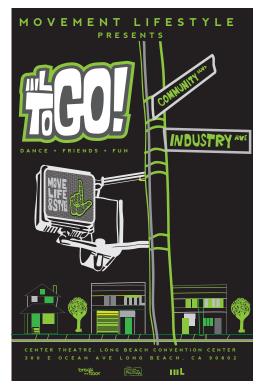
































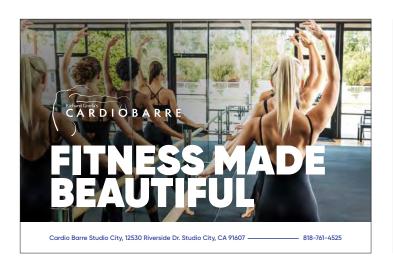












	MON	TUE	WED	THU	FRI	SAT	SUN
8:30am	CB ADV	CB ADV	CB ADV	CB ADV	CB ADV	CB ADV	*CB ADV
9:30am	FLOOR BARRE	*CB BEG	FLOOR BARRE	CB BEG	FLOOR BARRE	*CB BEG	*FLOOR BARRE
10:30am	CB BEG	FLOOR BARRE	*CB BEG	*FLOOR BARRE	CB BEG	*FLOOR BARRE	CB BEG
4:45pm	*BARRE 35 ADV		BARRE 35 ADV		*BARRE 35 ADV		
5:30pm	CB BEG	CB BEG	CB BEG	CB BEG	CB BEG		
6:30pm	FLOOR BARRE	*CB ADV	*FLOOR BARRE	CB ADV			
7:30pm	*CB BEG	CB BEG	CB BEG	*CB BEG			*FLEX PASS
HOLLYWOOD'S PREMIERE BARRE WORKOUT							
stretching	and strengt	t the fitness- thening system f bodily perfe	m that will ch				
For more i	nformation o	on classes, st	udios and lic	ensing ——		— www.card	liobarre.com





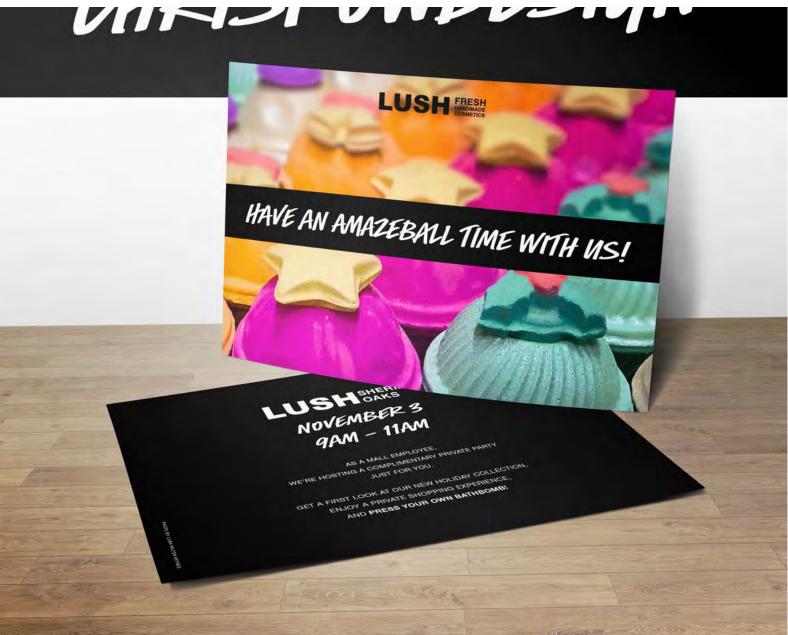
























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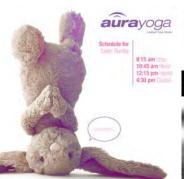












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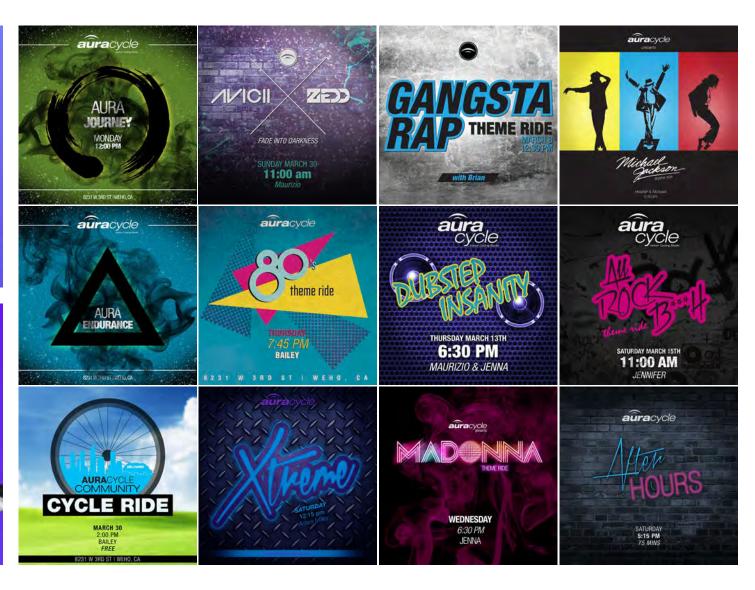




## auracycle









Wolfgang Puck at the Hotel Bel-Air \*\*\*



rom), E. A. Mooo, Fri ; D. najabiles, branch Sale, Sina, Ber and F. F. Sale and Sale and F. Sale and S

Fig. \*\*
Fig. \*

1225 Abbed Kinney Strd., Venier (300-420-422) or gyribat zona). L-D duting branch Sot-Ston. Ever und wire. New American \$\$ No For the fall review in this issue, see "The 75 limit Res-taurants in L.A.," page 109.

1975 Abbot Kunny Blvd., Vener (100, 500-581) or fun-reaspropriation). I. The Fri. D Tue. Son.; bromb. Set. Son. Full box. Cal-Proved \$58 white the full review in this issue, use "The 71 Box; pay-tuurants in L.A.;" page 100.

•• For the full review in this issue, see "The 75 lies it is taurants in L.A." page 109.

Kiriko Sushi \*\*

Maison Giraud \*
plat Southmire Are, Reph. Britmala (20-46/26) #
plat Southmire Are, Reph. Britmala (20-46/26) #
printing global on \$4-10 being broach Sais (36a) #
printing global on \$4-10 being broach Sais (36a) #
printing sais now Alain Giraud is delivering a valuar of
melaligia no minimaled sitting room in British PollumboHere he Forcuse on a rastic folial minologied in his belain
that rises from a globaring basil Sais (4-4) plans weep. Le
stated comes as it must, with charried shabbles and John
Her mander dictations global with a learne obligation of the
Termander dictations global with a learne obligation of the

Mélisse \*\*\* \*
HIOS Withine Elect., Simbo Monina (310-383-0881 or outline count.) Thee. Six Pold have Franch-American \$5. \* For the full review in this issue, see "The 75 Best 0e-stimments in L.A." page 100

Michael's \*\*
1147 3 of 51 ... Suntu Munior (330) 451-0

Scopa Italian Roots \*\*

Shunji \*\*
T234 W. Pica Rhol., West L.A. (230-826-4737 or shunji-na men L. Liber-Prij. Dingditta. Ger and vine. Approver SSSS \*F to the full review in this issue, we "The 75 Best Restaurance in L.A." page 100.

Sumny Spot. \*\*
323 Washington Reds., Vineter (3/10-46-40084 or annuar generation cound. In suitable, format field-State: First Bare Captrolines E.

\*\* Kopil's Bare (All Captrolines III) and the captable of restaurant, and the catalonis of the trapies give him plenty to work with Peckins III of Captrolines III of the Patients of Captrolines III of the 1844 of the of the 1844

Superba Snack Bar \*\*

and Now dee, Venice (310-389-6100 or superhamachbar 1990). L. Thu, 1917. D. nightly, brunch Sat. Sim. Bors and school. California \$\$\$ 99 for the fall projects in this tosot, see "The 75 Best Res-luterants in Lo.F. page 309.

Tar & Roses \*\*\*

607 Sanu Manka Bird , Sanus Monica (310 487-0780)
or lumatinescasum). D nightly, Borr and wine. New
American \$55.

\*\* For the Hall review in this issue, see "The 75 Best Res-

femerate in L.A." page 109

The Tasting Kitchen \*\* IGSA dived Kanny Rind, Venier (200-82-6844 or Detacting kitche nome). It nightly, brunch Sat-Sun. Full ber, (al. Mediterraneau \$55 75 for the full review ju this issue, see "The 75 feed Res-laurants in LA," page 109.

Tavern \* #
1093 San Vienna Rhet, Stemmond (10)-505-5454 er
berrind zem, R. Man, Pri ; L-D daide, brunch Set. Stor.
Full bu, California \$53
\*\* For the full versels in this issue, see "The 75 Best Reslandment in L.A." page 109.

 $\bullet \bullet$  For the (add review in this issue, see "The 75 Best Restiturarits in L.A." page 109.

Vincenti Ristorante \*\*\*
11000 San Vicente Blad Broatmood (2

Wilshire \* \*

aura Cycle



OCATED ON WEST 3RD STREE 8231 WEST 3" STREET 323 570 0570 VEST HOLLYWOOD CA 90059 WWW.AURAPULSE.D

section Within the Bod., Berwely Hills (237-463-2500 or red modelisheince. Mr. D. nightly, Pall Bart, Asian Jisano, \$875 be. Jordan Kalisi's use of Love slabs and glass terrarisms. In lieu of affirmer plasses may indise; see rolling, but the corner; passay clark is grifted in the art of weaving together moneurement views and Barouse. Double has pile of ram mongement leavants and Barouse. Double has pile of ram und pickled mushryome—telesured by a mound of young the properties of the pile of th

to draw out the numers of Lee Hefter's cooking. Theres, citality when the readsoned house style is applied to the jurged edges of contemporary disting. Bitchedus charcost with action—they call here. At this later of inside-distinguishment (appearance of white even quantital its still how the peak of summer is amounted in Beverly Hilb.

Urasawa \*\*\*
218 N. Radou Dr., Reverly Hills (230-247-8839), 13 nightly.
Bere viin, and luke. Japanes \$\$\$\$\$
\*\* Los Angeles's must expensive suchi restaurgant
certalah worth ii. For \$305 per person, chef littopu
ophalis individualized experience of

Wolfgang Puck at the Hotel
Bel-Air \*\*\*
Hotel Bri-Air, 70! Stone Cangon Rd., Bel-Air (200-)09-36
or heelbekair.com). B-L-D dodge brouch Sam. Full ber-

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WESTSIDE

1715 Pacific Ace., Venice (310-581-3015 or harmond venice.com). D Mon-Sut: branch Sun: Berr and wise.

more than \$18) are what make this place neighborhood; What makes it great is the outstanding date of everythe distres by Jesse Barber. Newly minted regulars use bunks or layer to sook up the Moreocan-spired sauce in the beaute

Capo \* 

New Arth. Sanda Monica (200-394-5550 or equi-position and the True-Sat. Rever and spine. Italians \$\$35 \*\* The Italian spate on Ocean Avenue [s attil gacked, thanks to the consistency of chef-owners fluxe. Mail-der. The signature white com-pools is present, and where the initialing char the wood-fired grill post on steake. The wise this samough the best on the beach.

union Line-Fri D Tue-Sun breese with high \$\$\$

l. Mon. Fri.; D.Mon. Sat. Illia



Los Angeles

THE BEST OF LA













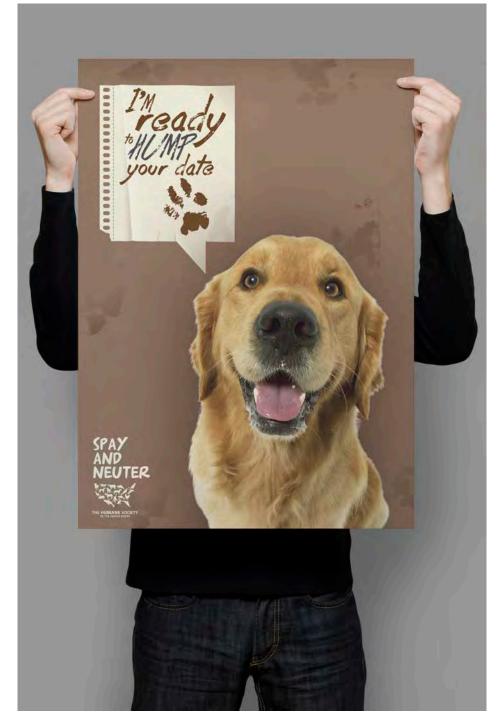


















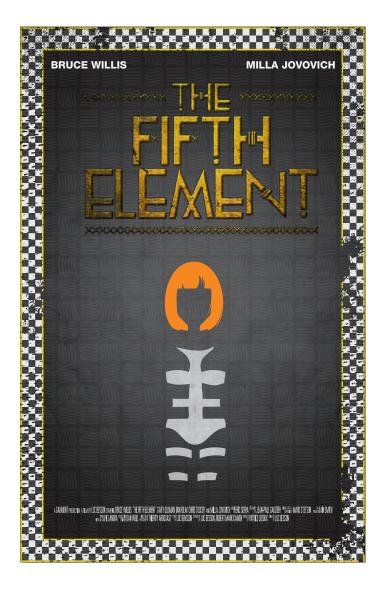


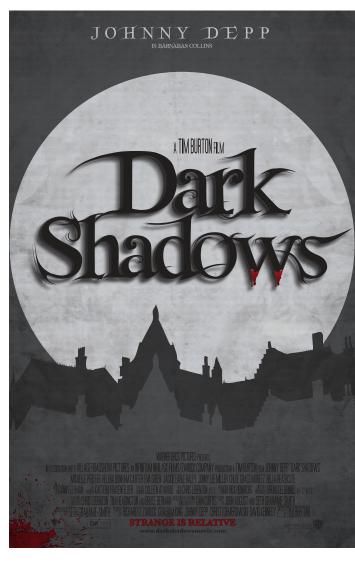


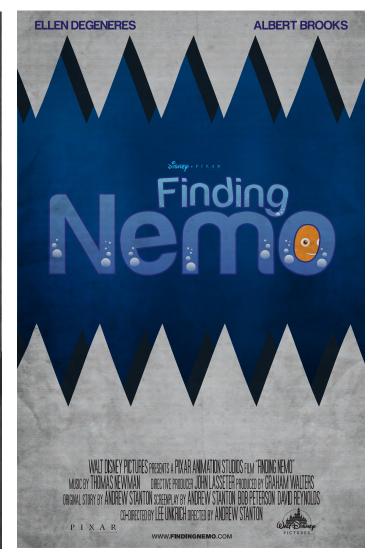












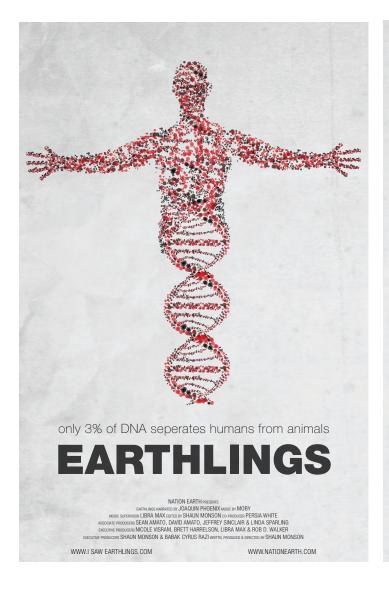








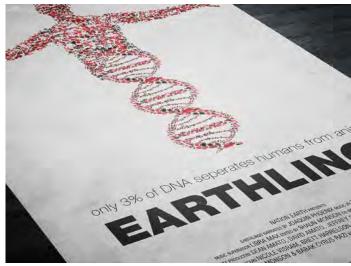


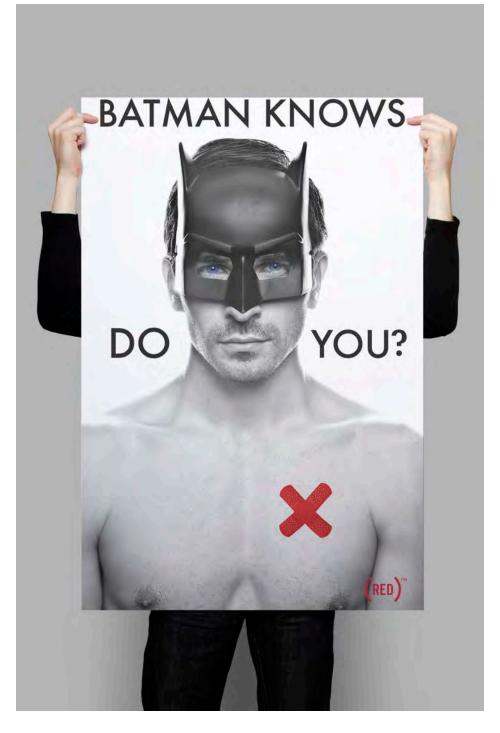


























You need to write me that shit. No pop shit.

I want it to be real, authentic, and raw.

I want it to spark that fire.





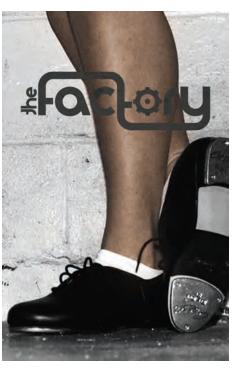


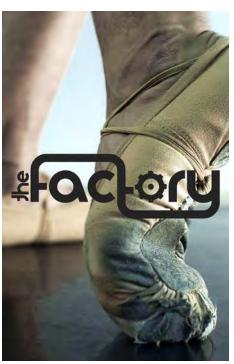
















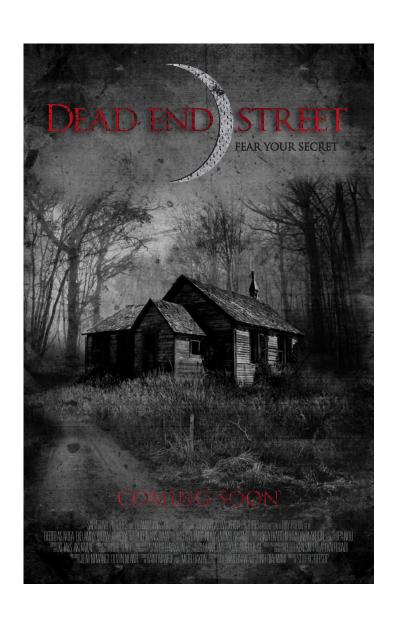


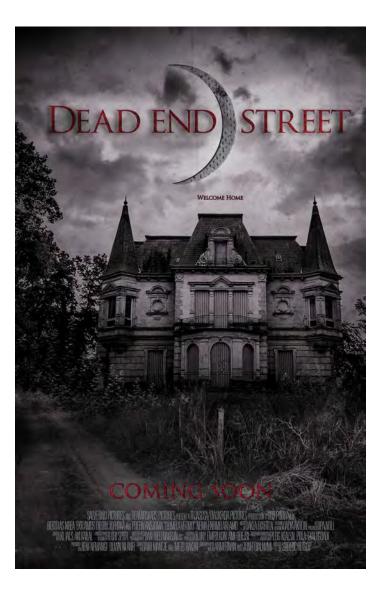












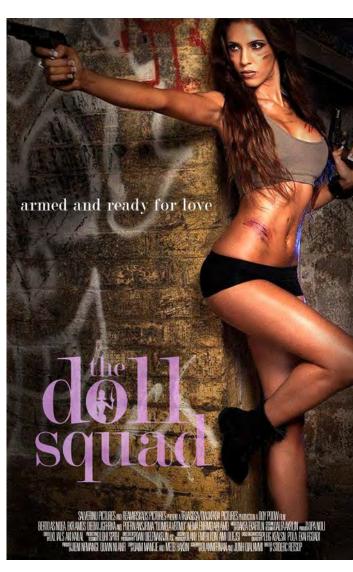






#### dellsquad









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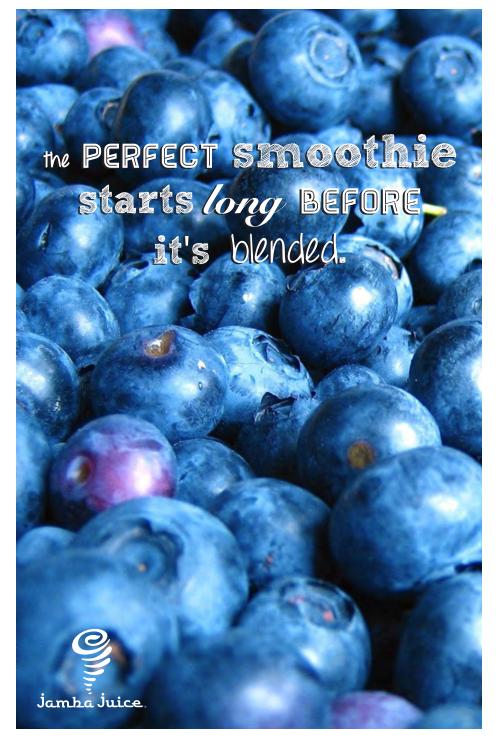


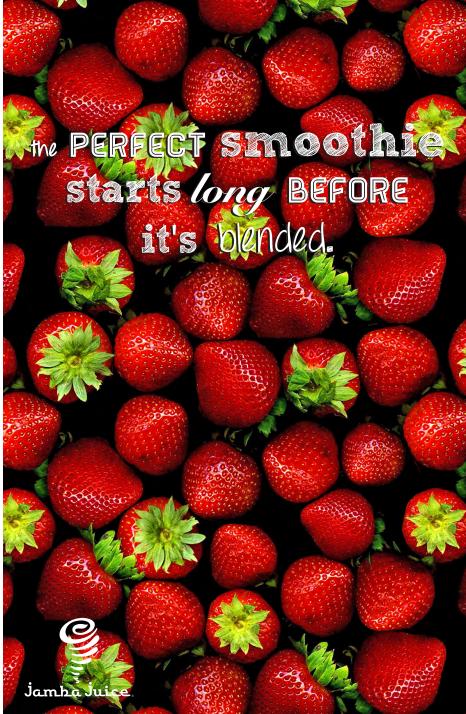


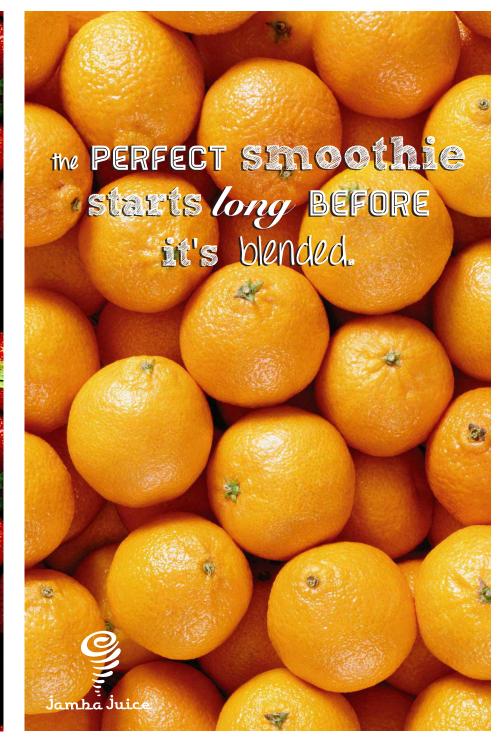














# Specially Smoothies ALL FRUIT just fruit and juice STRAWBERRY WHIRL Strawbeerries + bannans + apple-strawbeerries + rangueerries + rangueerries + bannans + apple-strawbeerries + rangueerries + bannans + peather + rangueerries + bannas + apple-strawbeerries + peath juice + apple-strawbee

ACAI SUPER-ANTIO×IDANT

THE COLDBUSTER

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acai juice • blueberfice • stri soymilk • Raspberffy shefbet • Power boost 2.0 fruit servings

BERRY upBEET

ORANGE CARROT KARMA











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