

April

# GX APPLETON

## MAIN STUDIO

	M	T	W	TH	F		SAT	SUN
5:30 AM	BODYPUMP <i>Kova</i>			*TBF <i>Richelle</i>	KETTLEBELL <i>Val</i>	8:00 AM	BODYATTACK <i>JenB</i>	
8:15 AM	BODYATTACK <i>JenB</i>			BODYPUMP <i>Val</i>		9:15 AM	BODYPUMP <i>Anne</i>	
8:30 AM		BODYCOMBAT <i>Richelle</i>			*TBF <i>Julie J</i>	10:00 AM		*BOOTYWORX <i>Meg</i>
9:30 AM	YOGA <i>Nikki</i>	BODYPUMP <i>LisaO</i>	BODYFLOW <i>JessR</i>		BODYFLOW <i>Julie J</i>	10:30 AM	BODYFLOW <i>Nikki/JessR</i>	
10:45 AM	SS CLASSIC <i>Mary</i>	SS CARDIO <i>Meg</i>	SS CLASSIC <i>Mary</i>	SS CARDIO <i>Mary</i>				
11:45 AM	SS CLASSIC <i>Meg</i>							
4:15 PM		BODYPUMP <i>Val</i>		*BOOTYWORX <i>Meg</i>				
4:30 PM	BODYFLOW <i>Amy</i>							
5:30 PM	*POUND <i>Amanda</i>	ZUMBA <i>Katrina</i>	*TBF <i>Julie J</i>	(5:15) BODYPUMP <i>LisaO</i>				
6:30 PM	BODYPUMP™ <i>Kim</i>	BODYFLOW <i>Joan</i>	ZUMBA TONE <i>Julie F</i>	BODYFLOW <i>LisaO</i>			*45 min classes	
7:30 PM	ZUMBA <i>Erika</i>						please bring your own yoga mat	

## CYCLE STUDIO

	M	T	W	TH	F		SAT	SUN
5:30 AM		RPM <i>LisaV</i>		RPM <i>Kova</i>		8:30 AM	RPM <i>Jessica R</i>	RPM <i>JessicaF</i>
8:30 AM	ROADRAGE <i>Mary</i>	RPM <i>Scott</i>	ROADRAGE <i>Sheli</i>	ROADRAGE <i>Mary</i>		9:30 AM	ROADRAGE <i>MicheleN</i>	
6:00 PM	ROADRAGE <i>MicheleN</i>	RPM <i>Deb</i>	ROADRAGE <i>MicheleN</i>				YELLOW SIGNIFIES CHANGE	

## AQUA STUDIO

	M	T	W	TH	F		SAT	SUN
9:00 AM	AQUA FIT <i>Vicky</i>	AQUA FIT <i>Tracy</i>	AQUAFIT <i>Tracy</i>	AQUAFIT <i>Tracy</i>	AQUA FIT <i>Vicky</i>			
6:30 PM		AQUA ZUMBA <i>Katrina</i>		AQUA ZUMBA <i>Katrina</i>			POOL RESERVED DURING CLASSES	

\*schedules subject to change