

# XF BROOKFIELD CLASS SCHEDULE (Effective MARCH 1st)

## MAIN STUDIO

	M	T	W	TH	F		SAT	SUN
5:15AM	BODY PUMP (Melanie)				BODY PUMP (Melanie)	7:00AM	BODY PUMP (Thu Van)	
9:00AM	ZUMBA (Melissa)	TOTAL BODY FITNESS** (Merissa)	BODY PUMP (Gina)	BODY COMBAT (Natalie)	ZUMBA (8:15) (Nicole)	8:15AM	CXWORX* (Jessica)	BODY PUMP (8:30)
10:15AM	BARRE** (Ashton)	YOGA** (10:00) (Merissa)	ZUMBA (Nicole)	TOTAL BODY FITNESS (Lori)	BODY PUMP (9:30) (Donna)	9:00AM	TURBOKICK** (Merissa)	
AM					CXWORX* (10:45) (Donna)	10:00AM	YOGA** (Merissa)	
12:15PM	TOTAL BODY FITNESS** (Donna)	BODY PUMP** (Donna)		BODY PUMP** (Donna)	TOTAL BODY FITNESS** (Donna)	11:00AM	ZUMBA (Nicole)	YOGA FUSION (Donna W)
4:30PM	BODY COMBAT** (Natalie)	CXWORX* (4:30) (Jessica)	BODY COMBAT** (Lauren)	CXWORX* (Cindy)		3:00PM		BARRE** (Shonda)
5:30PM	BODY PUMP (Cy)	POUND** (5:15) (Jason)	ZUMBA (Gloria)	ZUMBA** (5:15) (Cindy)	YOGA** (Donna W)	4:00PM		ZUMBA (Shonda)
6:45PM	ZUMBA (Gloria)	PIYO** (6:15) (Jason)	R.I.P.P.E.D. (Gloria)	TOTAL BODY FITNESS** (6:15) (Michelle)			*30 MIN CLASS	**45 MIN CLASS
7:15 PM		ZUMBA (Cindy)		BODY PUMP (Michelle)			CLASS SCHEDULE SUBJECT TO CHANGE	

## CYCLE STUDIO

	M	T	W	TH	F		SAT	SUN
5:30AM			ROAD RAGE (5:15) (Melanie)	ROAD RAGE (Melissa)		8:15AM	ROAD RAGE (Linda)	
9:15 AM	ROAD RAGE (Peter)		ROAD RAGE (9:30) (Christian)			9:30AM	ROAD RAGE (Melissa)	
PM	ROAD RAGE (5:45) (Linda)	ROAD RAGE (5:15) (Linda)		ROAD RAGE (5:30) (Laura)				CYCLE CLASSES ARE 45 MIN

## AQUA STUDIO

	M	T	W	TH	F		SAT	SUN
9:15 AM	AQUA FIT** (Tina)			AQUA FIT** (Tina)				
5:30 PM	AQUA ZUMBA (Gloria)		AQUA ZUMBA** (5:45) (Jackie)					POOL RESERVED DURING CLASSES