

XF WAUKESHA GROUP EXERCISE SCHEDULE (EFFECTIVE APRIL 1ST)

MAIN STUDIO

	M	T	W	TH	F		SAT	SUN
5:30AM		BODYCOMBAT <i>LeeAnn</i>		BODY PUMP <i>Sarah</i>		8:15 AM	ZUMBA <i>Mary/Audrey</i>	BODYCOMBAT <i>LeeAnn/Lauren</i>
8:30AM	ZUMBA <i>Audrey</i>		PIYO** <i>(Rachel)</i>	KETTLEBELL* <i>(8:45)Kelly B</i>	ZUMBA <i>Audrey</i>	9:30 AM	BODY PUMP <i>Nelly</i>	ZUMBA <i>Becky</i>
9:45AM	TOTAL BODY FITNESS** <i>Rachel</i>	YOGA (9:15) <i>Betsy</i>	TURBOKICK** <i>(9:30) Rachel</i>	ZUMBA STEP <i>(9:30)KellyB</i>	BODY PUMP** <i>Jenni</i>	10:45 AM	PIYO** <i>Amanda</i>	
10:45 AM		ZUMBA (10:30) <i>Christina</i>	SS Classic (10:30) <i>Lori</i>		YOGA (11:00) <i>Lori</i>			
12:15 PM			SS Cardio Fit <i>(11:45) Lori</i>		SILVER SNEAKERS <i>Lori</i>			
4:45PM	STRONG by Zumba <i>Stephanie</i>	KETTLEBELL* <i>Kelly B</i>						
5:30PM		ZUMBA <i>Kelly B</i>	BODY PUMP <i>(5:00) Natalie</i>	ZUMBA <i>Mary</i>	ZUMBA <i>Diana</i>		* 30 MIN	**45 MIN
6:45PM	BODY PUMP <i>(6:00)Nelly</i>	BODYCOMBAT** <i>Lauren</i>	STRONG by Zumba <i>(6:15)Stephanie</i>	BODY FLOW <i>Tina</i>		BRING WATER , MAT AND TOWEL		
7:15 PM	ZUMBA <i>Mary</i>	PIYO** (7:45) <i>Amanda</i>	YOGA (7:30) <i>Betsy</i>			CLASS SCHEDULE SUBJECT TO CHANGE		

CYCLE STUDIO

	M	T	W	TH	F		SAT	SUN
5:15 AM	ROAD RAGE <i>Jeffrey</i>		ROAD RAGE <i>Jeffrey</i>		ROAD RAGE <i>Jeffrey</i>	8:30 AM	ROAD RAGE <i>Lauren/Kelley</i>	
9:00AM			ROAD RAGE (9:30) <i>Lori</i>					
6:00 PM	ROAD RAGE <i>Beth</i>							CYCLE CLASSES ARE 45 MIN

AQUA STUDIO

	M	T	W	TH	F		SAT	SUN
AM	AQUA FIT (9:00) <i>Jenni</i>	AQUA ZUMBA** <i>(9:30) Kelly B</i>	AQUA FIT (9:00) <i>Jenni</i>	AQUA ZUMBA** <i>(8:30) Christina</i>	AQUA ZUMBA <i>(9:30)Amy</i>	8:15 AM	AQUA ZUMBA <i>Amy/Rosanna</i>	
PM			AQUA ZUMBA <i>(5:30)Amy</i>					POOL RESERVED DURING CLASSES