

XF WAUKESHA GROUP EXERCISE SCHEDULE (EFFECTIVE MAY 1ST)

MAIN STUDIO

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

CYCLE STUDIO

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

AQUA STUDIO

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