

XF WEST ALLIS CLASS SCHEDULE (EFFECTIVE SEPTEMBER 1ST)

MAIN STUDIO

	M	T	W	TH	F		SAT	SUN
5:30AM		TOTAL BODY FITNESS (Jessi)		BODYPUMP (Teri)		9:15 AM	ZUMBA (Alicia)	ZUMBA (Jennifer)
8:45 AM					POUND (Michelle)	10:30 AM	POUND** (Kelly)	
10:00AM			YOGA (Lauren)			11:30 AM		
5:30PM	BODY PUMP** (6:15) (Stef)	YOGA** (Laura)	BODY PUMP (6:00) (Thu Van)	ZUMBA** (Shonda)			*30 MIN	**45 MIN
6:45PM	CORE N MORE* (7:15)(Stef)	ZUMBA (Rachel)	POUND** (7:15) (Erica)	BARRE** (Shonda)		BRING WATER, MAT AND TOWEL		
8:00PM	ZUMBA (Sarah)					CLASS SCHEDULE SUBJECT TO CHANGE		

CYCLE STUDIO

	M	T	W	TH	F		SAT	SUN
5:30AM	ROAD RAGE (Jessi)					8:00AM	ROAD RAGE (Alyssa)	
5:30PM			ROAD RAGE (Laura)	ROAD RAGE (Jessi)		9:30AM		ROAD RAGE (Margaret)
6:30PM		ROAD RAGE (6:30) (Laura)				ALL CYCLE CLASSES ARE 45 MIN		