

XF WEST ALLIS CLASS SCHEDULE (EFFECTIVE OCTOBER 1ST)

MAIN STUDIO

		M	T	W	TH	F			SAT	SUN
5:30AM			TOTAL BODY FITNESS (Jessi)	CORE N MORE** (Teri)	BODYPUMP (Teri)		9:15 AM	ZUMBA (Jesus)	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) (Debbie)	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			