

# XF WEST ALLIS CLASS SCHEDULE (EFFECTIVE NOVEMBER 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)			Orange signifies Platinum or Value Plus			
5:30PM		BODYPUMP (6:00)(Andrea)	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** (6:30pm)(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		RIDE (Jessi)					8:00AM	RIDE (Alyssa)		
5:30PM				RIDE (Laura)	RIDE (Jessi)		9:30AM		RIDE (Margaret)	
6:30PM			RIDE (6:30) (Laura)				ALL CYCLE CLASSES ARE 45 MIN			