XGX RACINE FALL CLASS SCHEDULE (OCT-DEC) *As of 9/24/18

MAIN STUDIO

	M	T	W	TH	F
5:15AM	TOTAL BODY FITNESS (Dan)		s Mills BODY PUMP (Suzanne)	TOTAL BODY FITNESS (Dan)	
AM			Les Mills BODY PUMP (9:00) (Amy)	Les Mills CXWORX* (9:15) (Annie)	YOGA**(8:30) (Grace)
9:30AM	Les Mills BODY PUMP (Annie)				Mills BODY PUMP (Donna)
10:45AM			SENIOR STRENGTH (Ben)		
4:15 PM			YOGA** (Grace)		
5:15PM	INSANITY* (Gavin)		INSANITY* (Gavin)	P90X (5:30) (Gavin)	
6:00PM	YOGA** (Grace)	ZUMBA (Kyle)	ZUMBA (Norma)		
7:15PM	Mills BODY PUMP (7:00) (Elyse)		CORE N MORE* (Norma)		

	SAT	SUN
8:00 AM	YOGA** (Grace)	
9:00AM	Mills BODY PUMP (Suzanne)	Les Mills BODY COMBAT (Kay)
10:15 AM		Les Mills CXWORX* (Kay)
	Fit membership includes all classes	
	*30 MIN	**45 MIN
	BRING WATER, MAT AND TOWEL	
	CLASS SCHEDULE SUBJECT TO CHANGE	

CYCLE STUDIO

	M	T	W	TH	F
5:15 AM		RIDE** (Gina)			
6:00PM	RIDE** (Tom)			RIDE** (Liz)	

	SAT	SUN
9:00 AM	RIDE** (Liz)	