

Effective April 1, 2019

Schedules are posted on myxperiencefitness.com and the Xperience Fitness APP



Routine - GROUP EXERCISE CLASSES - (Apr-Jun)



MAIN STUDIO

	MON	TUE	WED	THU	FRI		SAT	SUN
5:15 AM	TOTAL BODY FITNESS Dan	**RIDE Gina	Les Mills BODYPUMP Suzanne	TOTAL BODY FITNESS Dan	**RIDE Suzanne	7:00 AM	**RIDE Liz	
8:30 AM					**YOGA Grace ★	8:00 AM	Les Mills BODYPUMP Suzanne	
9:30 AM	Les Mills BODYPUMP Annie	Les Mills BODYCOMB ★ Kay	Les Mills BODYPUMP Amy	**YOGA SCULPT Annie	Les Mills BODYPUMP Kay	9:15 AM	**YOGA Grace	(9:00) Les Mills BODYCOMBAT Kay
10:45 AM					STRONG by Zumba Giulia	10:15 AM		
4:15 PM			**YOGA SCULPT Grace					
5:15 PM	*INSANITY ★ Gavin	**YOGA Grace	*INSANITY Gavin	(5:00) Les Mills BODYPUMP Kay				
6:00 PM	**RIDE Tom	(6:15) ZUMBA ★ Kyle	ZUMBA Norma	(6:15) **RIDE Liz				
7:00 PM	Les Mills BODYPUMP Elyse		(7:15) STRONG by Zumba Norma					

*30 minute class **45 minute class

★ Star --> XGX Connector Class (great for new members!)

BRING WATER, MAT AND TOWEL TO CLASSES

CLASS SCHEDULE SUBJECT TO CHANGE