

Effective Feb 1, 2019

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



# Racine - GROUP EXERCISE CLASSES - (Jan-Mar)



## 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 BODYCOMBAT (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			SENIOR STRENGTH (Ben)		STRONG by Zumba (Giulia)	10:15 AM		YOGA ★ (Rachel)
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