

Effective January 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)	
AM	(9:30) Les Mills BODYPUMP (Annie)		(9:30) Les Mills BODYPUMP (Amy)	(9:15) *Les Mills CXWORX (Annie)	(8:30) **YOGA (Grace)	8:00 AM Les Mills BODYPUMP (Suzanne)	
10:00AM		YOGA (Rachel) ★		YOGA (Rachel)	(9:30) 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)	10:00 AM	*Les Mills CXWORX (Kay) ★
4:15 PM			**YOGA (Grace) ★				
5:15 PM	*INSANITY (Gavin)	**YOGA (Grace)	*INSANITY (Gavin)	(5:30) *CORE DE FORCE (Gavin)			
6:00 PM	**RIDE (Tom) ★	(6:15) ZUMBA (Kyle)	ZUMBA (Norma)	(6:15) **RIDE (Liz)			
7:00 PM	Les Mills BODYPUMP (Elyse)		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