

Effective January 1, 2019

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



Waukesha - GROUP EXERCISE CLASSES - (Jan-Mar)



MAIN STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:15 AM		Les Mills BODYPUMP (Alyssa)		Les Mills BODYCOMBAT (Lauren) ★		8:15 AM	ZUMBA (Mary/Audrey)	ZUMBA (Stephanie)
8:30 AM	ZUMBA (Audrey)	(8:15) **STRONG by Zumba (Jenny)	**ZUMBA (Audrey) ★	**PIYO (Rachel)	ZUMBA (Audrey)	9:30 AM	Les Mills BODYPUMP (Nelly)	Les Mills BODYPUMP (Steve) ★
AM	(9:45) **TOTAL BODY FITNESS (Rachel)	(9:15) YOGA (Betsy)	(9:30) **TURBOKICK (Rachel)	(9:30) ZUMBA STEP/ ZUMBA TONING (Kelly B)	(9:45) Les Mills BODYPUMP (Pam) ★	10:45 AM	**PIYO (Amanda)	
10:45 AM	Silver Sneakers CLASSIC (Lori)	(10:30) ZUMBA GOLD (Christina) ★	(10:30) Les Mills BODYPUMP (Pam)	YOGA (Betsy)	(11:00) YOGA (Lori)			
12:15 PM					Silver Sneakers CLASSIC (Lori)	~ COLOR KEY ~ "VALUE PLUS / PLATINUM" MEMBERSHIP CLASSES "FIT" MEMBERSHIP CLASSES *30 minute class **45 minute class ★ Star --> XGX Connector Class (great for new members!)		
4:45 PM	STRONG by Zumba (Stephanie)	*KETTLEBELL (Kelly B)	(5:00) Les Mills BODYPUMP (Dave)					
PM	(6:00) Les Mills BODYPUMP (Nelly)	(5:30) ZUMBA (Kelly B)	(6:15) STRONG by Zumba (Stephanie)	(5:30) ZUMBA (Mary)	(5:30) ZUMBA (Diana) ★			
PM	(7:15) ZUMBA (Mary)	(6:45) **PIYO (Amanda) ★	(7:30) YOGA (Betsy)	(6:45) Les Mills BODYCOMBAT (Jenni)				

CYCLE STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:15 AM	**RIDE (Jeffrey)		**RIDE (Jeffrey) ★		*Les Mills SPRINT (Alyssa)	7:30 AM	*Les Mills SPRINT (Kelley L)	
AM	(8:45) **RIDE (Rachel)				(8:00) *Les Mills SPRINT (Steve) ★	8:30 AM	**RIDE (Angie) ★	(8:45) *Les Mills SPRINT (Theresa)
PM	(5:30) *Les Mills SPRINT (Kelley L)		(6:15) *Les Mills SPRINT (Kelly S)					

AQUA STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
AM	(9:00) **AQUA ZUMBA (Christina)	(9:30) **AQUA ZUMBA (Kelly B)		(8:30) **AQUA ZUMBA (Christina)	(9:00) **AQUA ZUMBA (Hannah)	10:00 AM	**AQUA ZUMBA (Susie)	
PM	(5:30) **AQUA ZUMBA (Cindy)	(5:45) **AQUA FIT (Amanda)	(5:30) **AQUA FIT (Beth) ★				POOL RESERVED DURING CLASSES	

BRING WATER, MAT AND TOWEL TO CLASSES

CLASS SCHEDULE SUBJECT TO CHANGE