

Effective February 1, 2019

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



West Allis - GROUP EXERCISE CLASSES - (Jan-Mar)



MAIN STUDIO

	MON	TUE	WED	THU	FRI		SAT	SUN
						8:00 AM	**RIDE <i>Alyssa</i>	
9:30 AM			YOGA <i>Silvia</i>		YOGA <i>Silvia</i> ★	9:00 AM	ZUMBA <i>Jesús</i>	**RIDE <i>Justine</i>
5:30 PM	Les Mills BODYPUMP <i>Stef</i>	YOGA <i>Laura</i>	**RIDE <i>Linda</i>	(5:00) **RIDE <i>Joe</i> ★		10:15 AM	Les Mills BODYPUMP <i>Teri</i>	(10:00) ** TOTAL BODY FITNESS <i>Stef</i>
6:45 PM	**RIDE <i>Laura</i>	ZUMBA <i>Rachel</i>	(6:30) Les Mills BODYPUMP <i>Thu Van</i>	(6:00) ZUMBA <i>Jessica</i>		11:00 AM		**YOGA SCULPT <i>Stef</i> ★
7:45 PM	ZUMBA <i>Jackie</i> ★					<p>- COLOR KEY -</p> <p>"VALUE PLUS / PLATINUM" MEMBERSHIP CLASSES</p> <p>"FIT" MEMBERSHIP CLASSES</p> <p>*30 minute class **45 minute class</p> <p>★ Star --> XGX Connector Class (great for new members!)</p>		

BRING WATER, MAT AND TOWEL TO CLASSES

CLASS SCHEDULE SUBJECT TO CHANGE