

Effective January 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
5:30 AM	**RIDE (Jessi) ★		**CORE N MORE (Teri) ★	Les Mills BODYPUMP (Teri)		8:00 AM	**RIDE (Alyssa)	
9:30 AM			YOGA (Silvia)		YOGA (Silvia) ★	9:00 AM	ZUMBA (Jésus)	**RIDE (Justine)
5:30 PM	Les Mills BODYPUMP (Stef)	YOGA (Laura)	**RIDE (Linda)	(5:00) **RIDE (Joe) ★		10:15 AM	Les Mills BODYPUMP (Teri)	(10:00) ** TOTAL BODY FITNESS (Stef)
6:45 PM	**RIDE (Laura)	ZUMBA (Rachel)	(6:30) Les Mills BODYPUMP (Thu Van)	(6:00) ZUMBA (Jessica)		11:00 AM		**YOGA STRONG (Stef) ★
7:45 PM	ZUMBA (Jackie) ★							

- COLOR KEY -

"VALUE PLUS / PLATINUM" MEMBERSHIP CLASSES

"FIT" MEMBERSHIP CLASSES

*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