

Updated March 1, 2019

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



Rosville - GROUP EXERCISE CLASSES - (Jan-Mar)

MAIN STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN		
9:45 AM	ZUMBA Darcy	Les Mills BODYPUMP Bernadette ★		Les Mills BODYPUMP Cambria		9:15 AM	Les Mills BODYPUMP Cambria	Les Mills BODYPUMP Emily ★		
						10:30 AM	ZUMBA Darcy			
4:30 PM			Les Mills BODYPUMP Cambria			- COLOR KEY - "VALUE PLUS / PLATINUM" MEMBERSHIP CLASSES "FIT" MEMBERSHIP CLASSES *30 minute class **45 minute class ★ Star --> XGX Connector Class (great for new members!)				
5:30 PM	Les Mills BODYPUMP Stephanie	ZUMBA Keri	TOTAL BODY FITNESS (5:45) ★ Kristin	Les Mills BODYPUMP Darcy						
6:45 PM	ZUMBA StephD	STRONG by Zumba Nichole ★								

CYCLE STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
							*SPRINT Mark	
PM	**RIDE (5:30) Rita ★	*SPRINT (5:30) Stephanie	**SPRINT (6:30) Mark/Melanie ★	CYCLESULPT (5:30) Stephanie ★		8:30 AM		CYCLESULPT THERESA ★
						8:45 AM		

MINDBODY STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
9:45 AM		BODYFLOW Melissa			BODYFLOW Melissa	9:30 AM	YOGASULPT Mary	
5:30 PM			BODYFLOW (5:45) Cambria ★			9:45 AM		YOGASULPT Theresa ★
6:45 PM	BODYFLOW Stephanie	YOGA (6:30) Keri ★		BODYFLOW (6:30) Stephanie				

AQUA STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
8:00 AM	AQUAFIT Lindy ★		AQUAFIT Lindy ★				POOL RESERVED DURING CLASSES	
6:30pm				AQUA ZUMBA Darcy ★			POOL RESERVED DURING CLASSES	

BRING WATER, MAT AND TOWEL TO CLASSES

CLASS SCHEDULE SUBJECT TO CHANGE