

Updated Sept 2nd, 2019

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



# Rosville - GROUP EXERCISE CLASSES - Summer (Sept)



## MAIN STUDIO

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9:45 AM		Les Mills BODYPUMP <i>Bernadette</i>		Les Mills BODYPUMP <i>cambria/amelia</i> ★		9:15 AM Les Mills BODYPUMP <i>Beth</i>	Les Mills BODYPUMP <i>Emily</i> ★
4:30 PM				Les Mills BODYPUMP <i>cambria</i>		<b>- COLOR KEY -</b> "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 <i>Stephanie</i>	ZUMBA <i>Keri</i>	TOTAL BODY ITNESS(5:45)** <i>Kristin</i>				
6:45 PM	ZUMBA <i>StephD</i>	STRONG by Zumba <i>CindyW</i> ★	Les Mills BODYPUMP <i>Julia</i>				

## CYCLE STUDIO

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
PM	**RIDE (5:30) <i>Rita</i> ★	*SPRINT (5:30) <i>Stephanie</i>	**SPRINT (6:30) <i>Mark/Melanie</i> ★	*SPRINT (6:15) <i>Melanie</i> ★		8:30 AM *SPRINT <i>Mark</i>	
						8:45 AM	CYCLESULPT <i>Danyelle</i> ★

## MINDBODY STUDIO

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9:45 AM	BODYFLOW <i>Melissa</i>					9:30 AM YOGASULPT <i>Jeremy</i>	
5:30 PM				BODYFLOW (5:45) <i>Cambria</i> ★		9:45 AM	YOGASULPT <i>Julia</i> ★
6:45 PM	BODYFLOW <i>Stephanie</i>	YOGA (6:30) <i>Keri</i> ★					

BRING WATER, MAT AND TOWEL TO CLASSES

CLASS SCHEDULE SUBJECT TO CHANGE AT ANYTIME