

Effective August 1, 2019

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



# West Allis - GROUP EXERCISE CLASSES - (Jun-Sep)



## MAIN STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
9:30 AM			**YOGA Silvia		YOGA Silvia ★	(8:00) **RIDE Alyssa ★	(9:00) **RIDE Justine
5:30 PM	Les Mills BODYPUMP Gina ★	YOGA Laura	** TOTAL BODY FITNESS Jessica L			(9:00) ZUMBA Jesús	(10:00) ** TOTAL BODY FITNESS Stef
6:45 PM	**RIDE Laura	ZUMBA Rachel ★	(6:30) Les Mills BODYPUMP Thu Van	(6:00) ZUMBA Jessica C		(10:15) Les Mills BODYPUMP Teri	(11:00) **YOGA SCULPT 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

Classes are 60 minutes unless otherwise noted

CLASS SCHEDULE SUBJECT TO CHANGE