



GX SCHEDULE - FEBRUARY 2012

24 HOUR CLUB: 5921-34th Street / 799-4040

Group Exercise Director - Rachel White
rachel@gobodyworks.com

TURN PAGE OVER FOR
SPIN SCHEDULE!!!

GX Room #1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:15a ZUMBA Christy R	Join the Z CREW for FIESTA! Sat 2/11 9-10:30a @ BW 4th!!	5:15a ZUMBA Ashley M		5:15a ZUMBA Brandi W	9:00a ZUMBA Brandi W. <i>(no class 2/11 due to FIESTA!)</i>
	2:00p GROUP STEP Brandi T.	10:00a ZUMBA Sabrina		10:00a ZUMBA Joann		9:00a GROUP KICK Melinda	
	3:00p ZUMBA Ashley M					10:00a ZUMBA Gavina	
		5:40p ZUMBA TONING Ashley M.		5:40p ZUMBA Yvette	5:40p PILOXING Sabrina	5:40p ZUMBA TONING Gavina	10:00a ZUMBA TONING Gavina <i>(no class 2/11 due to FIESTA!)</i>
	6:45p ZUMBA Krystle	6:45p ZUMBA Brandi W.		6:45p HIP HOP Joann/Pavi	6:45p ZUMBA Ashley M	5:40p ZUMBA Monica/Jamie	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00a ULTIMATE WORKOUT Sandi	5:15a GROUP POWER Deanna	9:00a GROUP STEP Brandi T.	5:15a GROUP POWER Deanna	9:00a ULTIMATE WORKOUT Sandi	9:00a POWER/STEP Sheila
2:00p GROUP POWER Deanna	10:15a CORE CHALLENGE Sandi	10:00a GROUP POWER Melinda	10:00a BODY SCULPT Melinda	10:00a GROUP POWER Angela	10:00a GROUP CENTERGY Melinda	
3:00p GROUP CENTERGY Susan	4:30p GROUP POWER Sabrina	4:30p GROUP STEP Brandi T	4:30p SUPER SCULPT Sheila	4:30p GROUP STEP Melinda		10:30a GROUP CENTERGY Ashley S/Wanda
4:00p YOGA Ann	5:40p GROUP STEP Frances	5:40p GROUP CENTERGY Linda	5:40p GROUP KICK Melinda	5:40p GROUP POWER Melissa	5:40p GROUP STEP Frances	
	6:45p GROUP POWER Liz L.	6:45p GROUP POWER Rachel	6:45p RIPPED Frances	6:45p GROUP CENTERGY Kristi S.		