

August



2431 S. Loop 289
806-771-8010

(B)=Big Room



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM Spin Judy	5:00 AM BodyPump® LaNell	5:00 AM Spin Judy	5:00 AM Power Sculpt Judy	5:00 AM Spin Combo Judy		
8:45 AM Fit CIRCUIT Sheila	8:45 AM BEGINNER Fit Sculpt Sheila		8:45 AM Fit CORE Sheila	9:00 AM Fit Circuit Sheila	8:30 AM Spin Sheila	
	10:00 AM Fit Cardio Sheila	10:00 AM Fit SCULPT Sheila	10:00 AM BEGINNER Fit Sculpt/Core Sheila			LIKE US!
10:00 AM Sit & Strong Sheila		12:15 - 12:45 Mobility Beau				
						
						
				Check us out @ www.wellnesstodaylubbock.com		
						Wellness Today requires a doctor's release for all participants 40 & over.
5:40 PM Spin Sheila <i>*1.5 Spin 8/30</i>	5:40 PM Power Sculpt Sheila	5:40 PM - 7:10 PM Abs/Spin Circuit Sheila	5:45 PM Body Pump® LaNell	Ask about our Personal Training Packages!		
						
				Hours: Monday-Thursday 4:30 AM-8 PM, Friday 4:30 am-6 pm Saturday 8-3 Sunday 12-3 Hours & classes subject to change.		