



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM Spin Judy	5:00 AM Power Fit 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 Intermediate Fit Sculpt Sheila	9:00 AM Tai Chi Linda	8:45 AM Fit CORE Sheila	9:00 AM Tabata Sheila	8:30 AM Spin Sheila	
	10:00 AM Fit Cardio Sheila	10:00 AM Fit SCULPT Sheila	10:00 AM Intermediate Fit Sculpt/Core Sheila			
10:00 AM Sit & Strong** Sheila	11:15 AM Yoga Stretch** Linda	11:15 AM Fit & Strong** Linda	11:15 AM Yoga Stretch** Linda			LIKE US! 
		12:15-12:45 Mobility** Beau				
1:30 PM Tai Chi** Linda	1:30 PM Tai Chi Linda		1:30 PM Tai Chi Linda			
				<i>Check us out @ www.wellnesstodaylubbock.com</i>		
						Wellness Today requires a doctor's release for all participants 40 & over.
5:40 PM Spin Sheila		5:40 PM - 7:10 PM Core/Circuit Combo Sheila		Ask about our Personal Training Packages!		
				Hours: Monday-Thursday 4:30 AM-8 PM, Friday 4:30 am-5 pm Saturday 8-3 Saturday Pool Closes at 11:45 Sunday: Closed Hours & classes subject to change.		
**Beginner Friendly						