

October



2431 S. Loop 289
806-771-8010

(B)=Big Room



WT WELLNESS T.O.D.A.Y GROUP X



| 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 | | | | |
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| | | | | 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 10/25</i> | | 5:40 PM - 7:10 PM Core/Circuit Combo Sheila | 5:45 PM Body Pump® LaNell | <h2 style="color: red;">Are you injured? Ask us how we can help you get into Physical Therapy Today!</h2> | | |
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| <p>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.</p> | | | | | | |