

September



Loop 289






806-

771-8010

(B)=Big Room

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:05 AM Spin Judy	5:05 AM BodyPump® LaNell	5:05 AM Spin Judy	5:05 AM Power Sculpt Judy	5:05 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 Circuit Sheila			
10:00 - 10:30 Sit & Strong Sheila *Starts 9/14*		12:15 - 12:45 Mobility Beau *Starts 9/16*				LIKE US! 
						
				Check out our website! www.wellnesstodaylubbock.com		
						Wellness Today requires a doctor's release for all participants 40 & over.
5:40 PM Spin Sheila <i>*1.5 Spin 9/28*</i>	5:40 PM Power Sculpt Sheila	5:40 PM - 7:10 PM Abs/Spin Circuit Sheila	5:45 PM Body Pump® LaNell	<h2>Let our Personal Trainers help you get back on track!</h2>		
						
				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.		