



34th St. - GX SCHEDULE - SEPTEMBER 2017

24 HOUR CLUB: 5921-34th Street / (806) 799-4040

Group Exercise Director - Rachel White
rachel@gobodyworks.com

Questions about Zumba? Contact Brandi Wilson
brandipwilson@gmail.com

Group X Room #1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2:00p GROUP BLAST Kristi S	NEW!!!! 5:15a STRONG Rosa <i>(no class 9/4)</i>	it's back!!!!	5:15a ZUMBA Jessica V	5:15a STRONG Rosa	5:15a ZUMBA Rosa	9:00a ZUMBA Sabrina
		5:15a ZUMBA Jessica V <i>(no class 9/4)</i>		10:00a ZUMBA Joann		9:00a RIPPED Joann	
	3:00p ZUMBA Jessica G	10:00a ZUMBA Sabrina				10:00a ZUMBA Nelly	10:00a STRONG 9/2 Brandi 9/9 Lupe 9/16 Rosa 9/23 Brandi 9/30 Brandi
		5:30p ZUMBA Rosa <i>(no class 9/4)</i>	6:00p WAR Shelly J	5:30p STRONG Joann	6:00p ZUMBA Brandi		
		6:30p ZUMBA TONING Val <i>(no class 9/4)</i>	7:00p ZUMBA Brandi	6:30p HIP HOP Angelita	7:00p STRONG Lupe	5:30p ZUMBA Raquel	

Group X Room #2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2:00p GROUP POWER Deanna	9:00a ULTIMATE WORKOUT Sandi <i>(no class 9/4)</i>	5:15a GROUP POWER Deanna		5:15a GROUP POWER Deanna	9:00a ULTIMATE WORKOUT Sandi	
	3:15p GROUP CENTERGY Keely	10:00a CORE CHALLENGE Sandi <i>(no class 9/4)</i>	9:00a GROUP CENTERGY Rachel	10:00a BODY SCULPT Heather			10:30a GROUP CENTERGY 9/2 Keely 9/9 Keely 9/16 Evan 9/23 Keely 9/30 Evam
	Join the Crew for a special Fiesta!! Monday 9/11 5:30 - 7:00p	4:30p GROUP POWER Sabrina <i>(no class 9/4)</i>	10:00a GROUP POWER Janelle	4:30p GROUP POWER Melissa	10:00a GROUP POWER Janelle		
		5:30p GROUP BLAST Deanna <i>(no class 9/4)</i>	6:00p GROUP CENTERGY Shelley/Summer	5:30p GROUP CORE Janelle	6:00p GROUP POWER Tricia	5:30p GROUP BLAST 9/1 Kayla 9/8 Kristi 9/15 Katy 9/22 Haley 9/29 Katy	
		6:30p GROUP POWER Liz <i>(no class 9/4)</i>	7:00p GROUP POWER Tricia	6:30p ULTIMATE WORKOUT Mimi	7:00p GROUP CENTERGY Keely		