



34th St. - GX SCHEDULE - NOVEMBER 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	5:15a STRONG Rosa		5:15a ZUMBA Jessica V	5:15a STRONG Rosa <i>(no class 11/23)</i>	5:15a ZUMBA Rosa <i>(no class 11/24)</i>	9:00a ZUMBA Sabrina
		5:15a ZUMBA Jessica V	10:00a STRONG Brandi	10:00a ZUMBA Joann		9:00a RIPPED Joann <i>(no class 11/24)</i>	<i>(class change 11/11.... join the Z Crew for Fiesta!!)</i>
	3:00p ZUMBA Jessica G	10:00a ZUMBA Sabrina				10:00a ZUMBA Brandi	10:00a STRONG 11/4 Brandi 11/11 FIESTA!! 11/18 Rosa 11/25 Lupe
		5:30p ZUMBA Rosa	6:00p WAR Shelly J	5:30p STRONG Joann	6:00p ZUMBA Brandi <i>(no class 11/23)</i>		
		6:30p ZUMBA TONING Val	7:00p ZUMBA Nelly	6:30p HIP HOP Cynthia <i>(no class 11/22)</i>	7:00p STRONG Lupe <i>(no class 11/23)</i>	5:30p ZUMBA Raquel <i>(no class 11/24)</i>	

Group X Room #2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2:00p GROUP POWER Deanna	9:00a ULTIMATE WORKOUT Sandi	5:15a GROUP POWER Deanna		5:15a GROUP POWER Deanna <i>(no class 11/23)</i>	9:00a ULTIMATE WORKOUT Sandi <i>(no class 11/24)</i>	
	3:15p GROUP CENTERGY Keely	10:00a CORE CHALLENGE Sandi	9:00a GROUP CENTERGY Rachel	10:00a BODY SCULPT Heather			10:30a GROUP CENTERGY 11/4 Evan 11/11 Keely 11/18 Evan 11/25 Keely
	Join the Z Crew for FIESTA!! Sat 11/11 9-10:30a at BW 34th!	4:30p GROUP POWER Sabrina	10:00a GROUP POWER Janelle	4:30p GROUP POWER Melissa	10:00a GROUP POWER Janelle <i>(no class 11/23)</i>		
		5:30p GROUP BLAST Deanna	6:00p GROUP CENTERGY Shelley/Summer	5:30p GROUP CORE Janelle <i>(no class 11/22)</i>	6:00p GROUP POWER Tricia <i>(no class 11/23)</i>	5:30p GROUP BLAST 11/3 Katy 11/10 Kristi 11/17 Kayla 11/24 No Class	
		6:30p GROUP POWER Liz	7:00p GROUP POWER Tricia	6:30p ULTIMATE WORKOUT Mimi <i>(no class 11/22)</i>	7:00p GROUP CENTERGY Keely <i>(no class 11/23)</i>		