



82nd St - GX SCHEDULE - JULY 2017

BODYWORKS FAMILY CENTER: 5105-82nd Street / (806) 687-8000

check out www.gobodyworks.com to download schedules!

Group X Director - Rachel White
rachel@gobodyworks.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
new class!!! 1:15p GROUP CORE Krista	5:15a GROUP BLAST Melissa	5:15a GROUP POWER Shelley <i>(no class 7/4)</i>	5:15a GROUP BLAST Melissa <i>(no class 7/5)</i>	5:15a GROUP POWER Shelley	6:15a GROUP CORE Krista	8:15a GRIT CARDIO/PLYO 7/1 Daniel 7/8 Tish 7/15 Daniel 7/22 Tish 7/29 Daniel
	9:00a GROUP BLAST Rachel	9:15a GROUP POWER Heather	6:15a GRIT STRENGTH Staff <i>(no class 7/5)</i>	9:15a GROUP CORE Heather	9:00a GROUP BLAST Rachel	
2:00p GROUP POWER Krista	10:00a GRIT STRENGTH Katy	10:15a ZUMBA Cynthia <i>(No class 7/4)</i>	8:30a GRIT CARDIO/PLYO Daniel	10:00a GRIT CARDIO/PLYO Heather	10:15a GROUP CENTERGY Rachel	9:00a GROUP POWER 7/1 Liz 7/8 Anthony 7/15 Janelle 7/22 Krista 7/29 Shelley
	4:30p GROUP POWER Denise	12:15p GRIT CARDIO/PLYO Tish <i>(no class 7/4)</i>	10:00a MAT PILATES Eva	12:15p GRIT STRENGTH Denise/Daniel		
	5:30p GROUP CORE Denise		12:15p GROUP CORE Denise			
3:00p - 4:30p YOGA Lindsay	6:00p GROUP BLAST Leigh	5:30p GROUP POWER Kristi <i>(no class 7/4)</i>	5:30p GROUP CORE Rachel	4:30p GROUP POWER Rachel	6:00p YOGA FLOW Kayli	10:00a GROUP BLAST 7/1 Melissa 7/8 Leigh 7/15 Katy 7/22 Rachel 7/29 Melissa
	7:00p GRIT STRENGTH Melissa	6:30p HIP HOP Elba <i>(no class 7/4)</i>	6:00p GROUP BLAST Rachel	5:30p GRIT CARDIO/PLYO Katy/Amanda		
	7:30p GROUP CORE Melissa <i>(no class 7/3)</i>		7:00p GROUP POWER Deanna	6:00p GROUP CORE Katy/Krista	July 4th classes: 9:15a Group POWER / wHeather 10:15a GRIT Combo w/ Melissa & Daniel	
	8:00p ZUMBA Lupe <i>(no class 7/3)</i>		8:00p ZUMBA Val	6:45p DEEP STRETCH Taylor		

new class!!!

format change!!!