



82nd St - GX SCHEDULE - JUNE 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
<p><i>new class!!!</i></p> <p>1:15p GROUP CORE Krista</p>	5:15a GROUP BLAST Melissa	5:15a GROUP POWER Shelley	5:15a GROUP BLAST Melissa	5:15a GROUP POWER Shelley	6:15a GROUP CORE Krista	<p>8:15a GRIT CARDIO/PLYO 6/3 Tish 6/10 Daniel 6/17 Tish 6/24 Amy</p>
	9:00a GROUP BLAST Rachel	9:15a GROUP POWER Heather	6:15a GRIT STRENGTH Staff	9:15a GROUP CORE Heather	9:00a GROUP BLAST Rachel	
<p><i>new time!!!</i></p> <p>2:00p GROUP POWER 6/4 Krista 6/11 Chris 6/18 Krista 6/25 Chris</p>	10:00a GRIT STRENGTH Katy	10:15a ZUMBA Cynthia	8:30a GRIT CARDIO/PLYO Daniel	10:00a GRIT CARDIO/PLYO Heather	10:15a GROUP CENTERGY Rachel	<p>9:00a GROUP POWER 6/3 Melissa 6/10 Krista 6/17 Anthony 6/24 Rosa</p>
	4:30p GROUP POWER Denise	<p>12:15p GRIT CARDIO/PLYO Tish</p>	10:00a MAT PILATES Eva	<p><i>format change!!!</i></p> <p>12:15p GRIT STRENGTH Denise/Daniel</p>	<p>12:15p GRIT STRENGTH Denise/Daniel</p>	
5:30p GROUP CORE Denise	5:30p GROUP POWER Kristi		12:15p GROUP CORE Denise			4:30p GROUP POWER Rachel
<p><i>new time!!!</i></p> <p>3:00p - 4:30p YOGA Lindsay</p>	6:00p GROUP BLAST Leigh	<p>6:30p HIP HOP Elba</p>	5:30p GROUP CORE Rachel	5:30p GROUP POWER Rachel	<p>6:00p YOGA FLOW Kayli</p>	<p>10:00a GROUP BLAST 6/3 Leigh 6/10 Melissa 6/17 Rachel 6/24 Katy</p>
	7:00p GRIT STRENGTH Melissa		6:00p GROUP BLAST Rachel	5:30p GRIT CARDIO/PLYO Katy/Amanda		
	7:30p GROUP CORE Melissa		7:00p GROUP POWER Deanna	6:00p GROUP CORE Katy/Krista		
	8:00p ZUMBA Lupe		8:00p ZUMBA Val	6:45p YOGA Taylor		