



# 82nd St - GX SCHEDULE - NOVEMBER 2017

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

check out [www.gobodyworks.com](http://www.gobodyworks.com) to download schedules!

Group X Director - Rachel White  
rachel@gobodyworks.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>new time!!!</b> 1:25p GROUP CORE Krista	5:15a GROUP BLAST Melissa	5:15a GROUP POWER Shelley	5:15a GROUP BLAST Melissa	5:15a GROUP POWER Shelley <i>(no class 11/23)</i>	6:15a GROUP CORE Krista <i>(no class 11/24)</i>	8:15a GRIT CARDIO/PLYO 11/4 Daniel 11/11 Amy 11/18 Amanda 11/25 Daniel
	9:00a GROUP BLAST Rachel	9:15a GROUP POWER Heather	6:15a GRIT STRENGTH 11/1 Amanda 11/8 Amanda 11/15 Leigh 11/22 Denise 11/29 Melissa	9:15a GROUP CORE Heather <i>(no class 11/23)</i>	9:00a GROUP BLAST Rachel	
2:00p GROUP POWER Krista	10:00a GRIT STRENGTH Katy	10:15a ZUMBA Cynthia	8:30a GRIT CARDIO/PLYO Daniel	10:00a GRIT CARDIO/PLYO Heather <i>(no class 11/23)</i>	10:15a GROUP CENTERGY Rachel	9:00a GROUP POWER 11/4 Shelley 11/11 Kristi 11/18 Liz 11/25 Leigh
	4:30p GROUP POWER Denise	12:15p GRIT CARDIO/PLYO Denise	10:00a MAT PILATES Evan	12:15p GRIT STRENGTH Amy/Daniel <i>(no class 11/23)</i>		
	5:30p GROUP CORE Denise	<b>new class!!</b> 4:30p GROUP BLAST Kayla	12:15p GROUP CORE Denise	4:30p GROUP POWER Rachel <i>(no class 11/23)</i>		
3:00p - 4:30p YOGA Lindsay	6:00p GROUP BLAST Leigh	5:30p GROUP POWER Kristi	5:30p GROUP CORE Rachel <i>(no class 11/22)</i>	5:30p GRIT CARDIO/PLYO 11/2 Katy 11/9 Amanda 11/16 Amanda 11/23 No Class 11/30 Katy	6:00p YOGA FLOW Kayli <i>(no class 11/24)</i>	10:00a GROUP BLAST 11/4 Kayla 11/11 Rachel 11/18 Katy 11/25 Melissa
	7:00p GRIT STRENGTH Melissa	6:30p HIP HOP Angelita	6:00p GROUP BLAST Rachel	6:00p GROUP CORE 11/2 Katy 11/9 Krista 11/16 Krista 11/23 No class 11/30 Katy		
	7:30p GROUP CORE Melissa		7:00p GROUP POWER Deanna <i>(no class 11/22)</i>			
	8:00p ZUMBA Lupe		8:00p ZUMBA Val <i>(no clas 11/22)</i>			