



# The Falls - GX Schedule - December 2018

The Falls Tennis & Fitness Center  
806-687-6080

Group Exercise Coordinator: Sabrina Lewis  
sabrina@thefallslubbock.com

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Main Studio			5:15a CONDITIONING Brittany <i>(no class 12/25)</i>	5:15a STRONG Rosa <i>(no class 12/26)</i>	5:15a BODY COMBAT Emily	5:15a BODY PUMP Brittany	<p><i>Join the GX Team for Holiday classes:</i></p> <p><i>12/24 9-10:30a Combo Class w/Elizabeth &amp; Katie!</i></p> <p><i>12/31 9-10:30a Combo Class w/D'Lynn &amp; Emily!</i></p>	
		8:30a BODY PUMP Leigh <i>(no class 12/24; 12/31)</i>	9:00a CXWORX (30) Katie <i>(no class 12/25)</i>	8:30a SCULPT & TONE Rachel	9:00a CXWORX (30) Katie	8:30a BODY PUMP Heather		
		9:30a BARRE Brittany <i>(no class 12/24; 12/31)</i>	9:30a PILOXING Katie <i>(no class 12/25)</i>	9:30a BODY SCULPT Brittany	9:30a BARRE Britney	9:30a TABATA CIRCUIT Elizabeth		
		10:30a CARDIO DANCE Cheri <i>(no class 12/24; 12/31)</i>	10:30a STRETCH Kim <i>(no class 12/25)</i>		10:30a STRETCH Kim	10:30a BODY COMBAT Marissa		
		12:00p TABATA CIRCUIT (40) Elizabeth <i>(no class 12/24; 12/31)</i>		12:00p BARRE (40) Kim		12:00p CXWORX (30) Dee		10:00a RIP INTERVAL D'Lynn
			4:45p BODY COMBAT Elizabeth <i>(no class 12/25)</i>	4:45p STRONG Brandi	4:45p TABATA CIRCUIT (40) Elizabeth			
		5:45p BODY PUMP Christy <i>(no class 12/24; 12/31)</i>	5:45p RIP/CXWORX D'Lynn <i>(no class 12/25)</i>	5:45p BODY PUMP Sandi	5:45p BARRE Kim			
Spin Room		5:15a SPIN Greg <i>(no class 12/24; 12/31)</i>		5:15a SPIN Kristy <i>(no class 12/26)</i>			9:00a SPIN Michelle	
					12:00p SPIN Michelle			
		5:00p SPIN Kristy <i>(no class 12/24; 12/31)</i>		5:00p SPIN Lana				