

# TRU FIT

## ATHLETIC CLUBS

5921 34<sup>th</sup> Street  
 806.799.4040  
 Group Fitness Coordinator:  
 Brandi Wilson  
 lubbockgx@googlegroups.com

### Group Fitness Schedule – 1/29/19 through 2/28/19

Time / period	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am		Strong Rosa	Body Pump Deanna	Zumba Jessica V	Body Pump Deanna	Zumba Rosa	
9am			Body Flow Keely				Zumba Sabrina/Rosa
10am		Zumba Sabrina	Strong Brandi	Zumba Joann	Strong Brandi	Zumba Loren	
10:30am							Body Flow Keely
2pm	Body Pump Deanna						
3pm	Zumba Jessica A						
4pm	Body Flow Rachel/Keely						
4:30pm		Body Pump Sabrina		Body Pump Melissa			
5:30pm		Zumba Rosa	Body Pump Trenton	Strong Joann	Zumba Brandi	Zumba Lupe	
6:30pm		Body Flow Rachel	Zumba Jessica A	Zumba Lupe	Body Pump Jill		

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### Group Spin Schedule – 1/28/19 through 2/28/19

Time / period	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am		Spin Angela		Spin Angela		Spin Angela	
9am		Spin Janda	Spin Michelle	Spin Sandi	Spin Janda	Spin Angela	Spin Angela/Taunya
10:15am							Spin Heidi/Michelle
12:15pm	Spin Heidi						
2pm	Spin Michelle						
5:30pm		Spin Heidi		Spin Daniel			
6pm			Spin Taunya		Spin Taunya		

