



**82nd Street will be closed February 1-10th . We will reopen February 11th.
Please visit our other locations during construction.**

5105 82nd Street 806.687-8000

Group Fitness Coordinator: Sabrina Lewis lubbockgx@googlegroups.com

Group Fitness Schedule

Time / period	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am		BODY STEP (55) Melissa	BODY PUMP (55) Shelley	BODY STEP (55) Melissa	BODY PUMP (55) Shelley	Strong (45) Erin	
8:30am				GRIT CARDIO/PLYO (30) Daniel			GRIT CARDIO/PLYO 2/16 Nelly 2/23 Daniel
9am		BODY STEP (45) Katie	BODY PUMP (55) Heather	Shred 55) Heather	BODY PUMP (45) Heather	BODY STEP (55) Melissa/Katie	BODY PUMP 2/16 Leigh 2/23 Krista
10am		GRIT STRENGTH (30) Cynthia		MAT PILATES (55) Evan	BODYFLOW (45) Heather	BODYFLOW (55) Heather	BODY STEP (55) 2/16 Rachel 2/23 Nelly
10:30am		CXWORX (30) Cynthia					
12:15pm		BODY PUMP (45) Denise		BODY PUMP (45) Denise			
1:25pm	CXWORX (30) Sharon						
2pm	BODY PUMP (55) Krista						
3pm	YOGA (60) Sheri						
4:30pm		BODY PUMP (45) Leigh	BODY STEP (45) Kayla				
5:30pm		BODY STEP (45) Leigh	BODY PUMP (45) Kristi	GRIT STRENGTH (30) Leigh	CXWORX (30) Melissa		
6:00pm				BODY STEP (45) Leigh	BODY PUMP (55) Krista		
6:30pm		GRIT STRENGTH (30) Melissa	BODY FLOW (55) Shelley/Summer				
7:00pm				BODY PUMP (55) Christy			

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Sabrina Lewis
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Aqua Schedule

Time / period	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am		ZUMBA ALMA	ATTACK Mayra	CARDIO CONDITIONING Tanya	ZUMBA Alma	HIT Mayra	ZUMBA Tricia
10:00am							HYDRO/FLOW/ POWER Tricia
7:00pm		BOX Tricia	ATTACK Alma	ZUMBA Tricia	HYDRO POWER Alma/Tricia		

