

TRU FIT

ATHLETIC CLUBS

94705 112th St
 (806) 687-6080
 Group Fitness Coordinator:
 Sabrina Lewis
 lubbockgx@googlegroups.com

Group Fitness Schedule

| Time / period | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|--------|-----------------------------|-----------------------------|-------------------------|----------------------------------|-----------------------------|------------------------|
| 5:15am | | | CONDITIONING Brittany | STRONG Rosa | (Check out NEW GRAVITY class) | BODY PUMP Brittany | |
| 8:30am | | BODY PUMP Jill | | SCULPT & TONE Rachel | | BODY PUMP Rachel | |
| 9:00am | | | CXWORX Katie | | CXWORX Katie | | |
| 9:30am | | BARRE Brittany | PILOXING Katie | BODY SCULPT Brittany | BARRE Britney | TABATA CIRCUIT Elizabeth | |
| 10:00am | | | | | | | RIP INTERVAL D'Lynn |
| 10:30am | | CARDIO DANCE Cheri | STRETCH Kim | | STRETCH Kim | | |
| 12:00pm | | TABATA CIRCUIT Elizabeth | | BARRE Kim | | CXWORX Dee | |
| 4:45pm | | | TABATA CIRCUIT Elizabeth | STRONG Brandi | BLT Elizabeth | | |
| 5:45pm | | BODY PUMP Christy | RIP/CXWORX D'Lynn | BODY PUMP Sandi | BARRE Kim | | |



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Group Spin Schedule

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|---------------|--------|--------|---------|-----------|----------|--------|----------|
| 5:15am | | Greg | | Christy | | | |
| 8:30am | | | Angela | | Angela | | |
| 9:00am | | | | | | | Michelle |
| 12:00pm | | | | | Michelle | | |
| 5:00PM | | Taunya | | Lana | | | |

Gravity Schedule

| Time / period | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|---------------|-----------------------|-------------------------|-------------|-------------------------|-----------------------|----------------|
| 5:15am | | | | | NEW CLASS Emily | | |
| 8:30am | | | | | | ADVANCED Stephanie | |
| 9:30am | | ADVANCED Stephanie | FLOW Lindsay | | INTERMEDIATE Marissa | | BASIC Janda |
| 10:30am | | | | CORE Dee | | | |
| 12:00pm | | | INTERMEDIATE Marissa | | | | |
| 3:00pm | BASIC Gina | | | | | | |
| 5:45pm | | FLOW Britney | | | | | |



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Yoga Schedule

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|---------------|----------------------|-----------------------|----------------|-------------------------|-------------------------|-----------------|-------------|
| 8:30am | | | | | | | HOT Jenn |
| 9:00am | | HATHA FLOW Selina | BASIC Angie | YIN Anthony | VINYASA FLOW Lindsay | BASIC Alisha | |
| 10:00am | | | | HOT Anthony | | | |
| 12:00pm | | FLOW Lindsay | | | | | |
| 5:45pm | RESTORATIVE Emily | FLOW/RESTORE Emily | HOT Jenn | VINYASA FLOW Anthony | YIN Anthony | | |

