



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 AM Express Spin Monica	9:15 AM Tabata Ronda	9:15 AM Pilates and Balance Monica	9:15 AM CORE Monica	9:15 AM Express Cardio (30 min) Ronda		
10:00 AM Dance Fit & Strong Liz	10:00 AM Fit Sculpt Ronda	10:00 AM Spin Circuit Monica	10:00 AM Cardio Circuit Monica	9:45 AM Strength (30 min) Ronda	10:00 AM Tai Chi** Kimberly	LIKE US!
	10:45 AM Yoga Stretch** Julie		10:45 AM Yoga Stretch** Aleisha	10:30 AM Yoga Stretch** Julie		
11:00 AM Aqua Fit** Liz		11:00 AM Aqua Fit** / Tai Chi** Monica / Kimberly		11:00 AM Aqua Fit** Ronda	11:00 AM Aqua Fit** Julianne	
	11:30 AM Mobility** Liz		11:30 AM Mobility** Aleisha			
				<i>Check us out @ <a href="http://www.wellnesstodaylubbock.com">www.wellnesstodaylubbock.com</a></i>		
						Wellness Today requires a doctor's release for all participants 40 & over.
				<b>Ask about our Personal Training Packages!</b>		
**Beginner Friendly				Hours: Monday-Thursday 4:30 AM-8 PM, Friday 4:30 am-5 pm Saturday 8-3 Saturday Pool Closes at 11:45 Sunday: Closed Hours & classes subject to change.		