



The Falls - GX Schedule - January 2019

The Falls Tennis & Fitness Center
806-687-6080

Group Exercise Coordinator: Sabrina Lewis
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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Main Studio			5:15a CONDITIONING Brittany <i>(no class 1/1)</i>	5:15a STRONG Rosa	5:15a BODY COMBAT Emily	5:15a BODY PUMP Brittany	New Year's Day classes: 9:00a Yoga w/Lindsay 10:00a Body Pump w/Sandi 10:00a RIP INTERVAL D'Lynn
		8:30a BODY PUMP Leigh	9:00a CXWORX (30) Katie <i>(no class 1/1)</i>	8:30a SCULPT & TONE Rachel	9:00a CXWORX (30) Katie	8:30a BODY PUMP Heather	
		9:30a BARRE Brittany	9:30a PILOXING Katie <i>(no class 1/1)</i>	9:30a BODY SCULPT Brittany	9:30a BARRE Britney	9:30a TABATA CIRCUIT Elizabeth	
		10:30a CARDIO DANCE Cheri	10:30a STRETCH Kim <i>(no class 1/1)</i>		10:30a STRETCH Kim	10:30a BODY COMBAT Marissa	
		12:00p TABATA CIRCUIT (40) Elizabeth		12:00p BARRE (40) Kim		12:00p CXWORX (30) Dee	
			4:45p BODY COMBAT Elizabeth <i>(no class 1/1)</i>	4:45p STRONG Brandi			
		5:45p BODY PUMP Christy	5:45p RIP/CXWORX D'Lynn <i>(no class 1/1)</i>	5:45p BODY PUMP Sandi	5:45p BARRE Kim		
Spin Room		5:15a SPIN Greg		5:15a SPIN Kristy			9:00a SPIN Michelle
			8:30a SPIN Angela <i>(starts 1/8)</i>		8:30a SPIN Angela <i>(starts 1/10)</i>		
					12:00p SPIN Michelle		
		5:00p SPIN Kristy		5:00p SPIN Lana			