

MELROSE PARK CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15 AM(60min) Cross Training Studio 1/Roj W.	6:00 AM(60min) Cycle Studio 2/Linda M.	9:00 AM(60min) 20/20/20 Studio 1/Aida V.	6:00 AM(60min) Cycle Studio 2/Linda M.	9:15 AM(60min) Cycle Studio 2/Xochitl E.	8:30 AM(30min) Muscle Max Studio 1/Julia J.	9:00 AM(60min) Yoga Studio 1/Lisa C.
9:30 AM(60min) Cycle Studio 2/Jodie R.	9:15 AM(60min) Cardio Blast Studio 1/Olivia R.	10:05 AM(60min) Zumba Studio 1/Aida V.	9:15 AM(60min) Mixed Fit Studio 1/Mike N.	9:15 AM(60min) Zumba Studio 1/Nikeya Y.	9:00 AM(30min) Cardio Kickboxing Studio 1/Julia J.	10:05 AM(60min) Zumba Studio 1/Patty M.
10:20 AM(60min) Zumba Studio 1/Nikeya Y.	10:20 AM(60min) Pure Strength Studio 1/Olivia R.	5:45 PM(60min) Cross Training Studio 1/Olivia R.	10:20 AM(60min) Pure Strength Studio 1/Karina	10:20 AM(75min) Broga Studio 1/Roj W.	9:30 AM(60min) AquaPilates Pool/Jeanne N.	10:30 AM(60min) Cycle Studio 1/Emilia R.
4:30 PM(60min) [XTC] XSport Training Club Studio 1/Shawn H.	5:45 PM(60min) Yoga Studio 1/Mahi M.	6:30 PM(60min) Cycle Studio 2/Emilia R.	6:00 PM(45min) [XTC] XSport Training Club Studio 1/Rick R.	6:00 PM(60min) Zumba Studio 1/Cori H.	10:00 AM(60min) Cycle Studio 2/Annette W.	11:10 AM(60min) Cross Training Studio 1/Kari S.
5:45 PM(60min) Yoga/Pilates Fusion Studio 1/Mandy R.	6:50 PM(60min) Mixed Fit Studio 1/Maribell G.	6:50 PM(60min) Pure Strength Studio 1/Olivia R.	6:50 PM(45min) INSANITY Studio 1/Rick R.	7:00 PM(60min) Aquafit Pool/Karina S.	10:20 AM(15min) Ultimate ABS Studio 1/Julia J.	
6:30 PM(60min) Aquafit Pool/Jeanne N.	7:00 PM(60min) Aquafit Pool/Mahi M.	7:55 PM(60min) Zumba Studio 1/Tocarra D.	7:40 PM(75min) Vinyasa Flow Yoga Studio 1/Kim Z.		10:40 AM(60min) Zumba Studio 1/Jorge H.	
6:50 PM(60min) Tabata Training Studio 1/Aida S.	7:55 PM(60min) INSANITY Studio 1/Kieanna H.					
7:00 PM(60min) Cycle Studio 2/Emilia R.						
7:55 PM(60min) Zumba Studio 1/Tocarra D.						

Child's Play Supervised Play Area is available:

Monday – Friday: 8am – 1:00pm & 4pm – 9pm

Saturday: 8am – 1:00pm

For questions or concerns regarding the Group Exercise

Schedule please contact:

Roj Waller, *Regional Group Fitness Manager*

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*In designated locations, passes are required for admittance due to limited space and membership privileges. Class passes, where applicable, are available 30 minutes prior to class. Member must be present in the club to receive a pass. All classes are subject to change.