



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 AM HIIT Monica	9:15 AM Tabata Ronda	9:15 AM Pilates Monica NEW	9:15 AM CORE Monica	9:15 AM Express Cardio (30 min) Ronda		
10:00 AM / Both Sit & Strong**/ Dance Monica / Liz New!!Small Classroom	10:00 AM Fit Sculpt Ronda	10:00 AM Spin Circut Monica	10:00 AM Cardio Circut Monica	9:45 AM Strength (30 min) Ronda		LIKE US!
11:00 AM Aqua Fit** Monica	11:00 AM Yoga Stretch** Julie	11:00 AM Aqua Fit** Liz	11:00 AM Yoga Stretch** Aleisha	11:00 AM Aqua Fit** Monica NEW!!		
		12:15-12:45 Mobility** Beau				
	1:30 PM Mindful Movement** Aleisha		1:30 PM Mindful Movement** Aleisha			
				<i>Check us out @ www.wellnesstodaylubbock.com</i>		Watch for NEW classes this month!!!
						Wellness Today requires a doctor's release for all participants 40 & over.
				Ask about our Personal Training Packages!		
**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.		