

Westside Tennis & Fitness

COMPLIMENTARY Group Exercise Schedule: 10/29/2016

Westside offers complimentary equipment and program orientation for members. This instruction assists you in learning the equipment and classes ensuring you have a great fitness experience each and every visit! Westside also offers introductory sessions to many of our group exercise classes. Watch your daily email for details.

NOTE: HILLS & DRILLS & SPORT YOGA CLASSES BEGIN NOVEMBER 16th

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	BODYPUMP (Studio B) HILLS & DRILLS (Cycling Studio)	CYCLING (Cycling Studio) POWER50 (Studio B) VELOCITY TRAINING (Weight Floor)	BODYPUMP (Studio B) HILLS & DRILLS (Cycling Studio)	CYCLING (Cycling Studio) VELOCITY TRAINING (Weight Floor)	BODYPUMP (Studio B) HILLS & DRILLS (Cycling Studio)		
6:00 AM		YOGA CHALLENGE (Studio A)		SPORT YOGA (Studio A)			
8:00 AM							
8:15 AM	PILATES FUSION (Studio A)	BODYPUMP (Studio B) MID. YOGA (Studio A)	MUSCLE MELT stretch (Studio A)	MID. YOGA (Studio A)	BODYPUMP (Studio B) PILATES FUSION (Studio A)		
8:30 AM	COREFIT (Studio B)		COREFIT (Studio B)				
8:45 AM						YOGA CHALLENGE (Studio A)	
9:15 AM	BODYSTEP (Studio B) CYCLING (Cycling Studio) MID. YOGA (Studio A)	HIIT CYCLING (Cycling Studio) BODYATTACK (Studio B) BASIC YOGA (Studio A) TRX CIRCUIT (Weight Floor)	BODYSTEP (Studio B) MOTION (Studio A) RPM (Cycling Studio)	BODY IN BASIC YOGA (Studio A) CXWORX (Studio B) X-TRAINING(Weight Floor)	RPM (Cycling Studio) BASIC YOGA (Studio A)	BODYCOMBAT (Studio B) CYCLING (Cycling Studio) ELITE FITNESS (Weight Floor)	
9:45 AM		X-TRAINING (Weight Floor)		HIIT CYCLING (Cycling Studio)			
10:30 AM	BASIC YOGA (Studio A) BODYPUMP (Studio B)	BODYVIVE (Studio B) BALLET BARRE (Studio A)	BODYPUMP (Studio B) BARRE BLAST (Studio A)	PILATES FUSION (Studio A) TRX CIRCUIT (Weight Floor)	SH'BAM (Studio B) BALLET BARRE (Studio A)	BODYPUMP (Studio B)	BASIC YOGA (Studio A)
11:00 AM						HILLS & DRILLS (Cycling Studio)	
11:15 AM					COREFIT (Studio B)	VELOCITY TRAINING (Weight Floor)	RPM (Cycling Studio)
11:30 AM		FUNCTIONAL FITNESS (Studio B) BODYFLOW (Studio A)	PILATES SYNERGY (Studio A)	FUNCTIONAL FITNESS (Studio B) BODYFLOW (Studio A)	PILATES SYNERGY (Studio A)	BARRE FUSION (Studio A) BODYATTACK (Studio B)	
12:30 PM						BODYJAM (Studio B)	PILATES FUSION (Studio A)
1:00 PM							POWER 50 (Studio B)
1:30 PM						BODYFLOW (Studio A)	
1:45 PM							BODYSTEP EXPRESS (Studio B)
2:00 PM	BASIC YOGA (Studio A)		BASIC YOGA (Studio A)				
2:30 PM							BODYPUMP (Studio B)
3:30 PM							YOGA CHALLENGE (Studio A)
4:00 PM			PILATES SYNERGY (Studio A)				
4:30 PM	BODYFLOW (Studio A)						
5:00 PM			BALLET BARRE (Studio A)				
5:30 PM		SPORT YOGA (Studio A)		PILATES FUSION (Studio A)	BODYPUMP (Studio B)		
5:45 PM	BODYPUMP (Studio B)		BODYCOMBAT (Studio B)				
6:00 PM		POWER50 (Studio B)	MUSCLE MELT stretch (Studio A) ELITE FITNESS (Weight Floor)	POWER50 (Studio B)			
6:30 PM				HILLS & DRILLS (Cycling Studio)			
6:45 PM		BODYPUMP (Studio B) BALLET BARRE (Studio A)		BODYSTEP (Studio B) BALLET BARRE (Studio A)			
7:00 PM	BODYCOMBAT (Studio B) RPM (Cycling Studio)	RPM (Cycling Studio)	BODYJAM (Studio A) RPM (Cycling Studio) YOGA (Studio A)	MID. YOGA CHALLENGE (Studio A)			
7:30 PM							
7:45 PM		BODYFLOW Express (Studio A)					

Please direct your group exercise questions to our Fitness Director, Adrian Crosby Adrian@westsidetennisandfitness.com