

WYOMISSING GGX SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM						CYCLE DORRINE	
9:00AM				SILVER&FIT [®] EXCEL WEIGHTS/BALANCE DORRINE			
9:30AM	SCULPT/CARDIO ALLISON	BARRE NATALIE				9:25am SCULPT/BARRE DORRINE	
9:30AM		ENDORSED BY SILVER&FIT CYCLE EILEEN					
5:30PM	BARRE 30 DORRINE	SCULPT/CARDIO NATALIE	CYCLE DORRINE	*CYCLE EXPRESS ⁽¹⁾ MELISSA			
				*{CYCLE/SCULPT EXPRESS - 2 CLASSES FUSED INTO 1			
6:05PM				*SCULPT EXPRESS ⁽²⁾ MELISSA			
6:15PM	CARDIO KICKBOXING GREGG						

*THURSDAY CYCLE/SCULPT EXPRESS - (2) 30 MINUTE CLASSES FUSED INTO 1 (take one or both)

**CYCLE CLASSES ARE 45 MINUTE CLASSES

***SATURDAY MORNING SCULPT/BARRE CLASS IS 45 MINUTES

*****KIDS CLUB HOURS*****

MON. & WED. 9:00AM - 11:30AM

TUESDAYS & THURSDAYS - 5:00PM - 7:30PM

SATURDAYS - 8:30AM - 11:00AM