




WYOMISSING GGX SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM				 ENDORSED BY SILVER&FIT. WEIGHTS/BALANCE DORRINE			YOGA SCULPT DORRINE
9:30AM	SCULPT/CARDIO JOELLA	BARRE NATALIE				9:25am SCULPT/BARRE DORRINE	
11:00AM					 ENDORSED BY SILVER&FIT.		
5:30PM	BARRE ³⁰ Carol	SCULPT/CARDIO NATALIE					
6:05PM				*SCULPT EXPRESS ⁽³⁰⁾ MELISSA			
6:15PM	CARDIO KICKBOXING GREGG						
CYCLE							
8:30AM						CYCLE DORRINE	
9:30AM		 ENDORSED BY SILVER&FIT. CYCLE EILEEN					
5:30PM			CYCLE ROTATION Dorrine/Carol	*CYCLE EXPRESS ⁽³⁰⁾ MELISSA			

*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