

MAX FITNESS - ILLINOIS RD: SUMMER 2017 GROUPEX

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	GroupX	Turf	GroupX	Turf	GroupX	Turf	GroupX	Turf	GroupX	Turf	GroupX	Turf	GroupX	Turf
5:30 AM														
8:00 AM														
8:30 AM														
9:00 AM	MAXcycle (45) Candy				MAXcycle (45) Candy				LES MILLS BODYPUMP (55) Kristi		MAXcycle (45) Candy			
10:00 AM	LES MILLS CXWORX (25) Candy								LES MILLS BODYCOMBAT (55) @10:15am Candy		LES MILLS BODYPUMP (55) Candy			
11:30 AM													LES MILLS BODYPUMP (30) Candy	
12:00 PM													LES MILLS BODYCOMBAT (30) Candy	
12:30 PM													LES MILLS CXWORX (25) Megan	
5:00 PM	N Burn (25) Candy				LES MILLS CXWORX (25) Megan									
5:30 PM	LES MILLS BODYPUMP (55) Candy		LES MILLS BODYCOMBAT (55) Candy/ Megan		LES MILLS BODYPUMP (55) Kristi		LES MILLS BODYCOMBAT (55) Candy/ Megan							
6:00 PM														
6:30 PM	MAXcycle (45) Sandy		ZUMBA (45) Deb		MAXcycle (45) Vanessa		ZUMBA (45) Deb							
7:30 PM	N Core 7:30 - 7:55 OPEN TO ALL				N Core 7:30 - 7:55 OPEN TO ALL									

Not VIP? Try it for 1 month FREE!!

See Front Desk for details.



*****All classes are subject to change. Members and guest may participate in classes by purchasing a class per hour at the front desk. Although scheduled classes are at different membership/guest pass hours, memberships must correspond with their appropriate club hours. You must have a pass to take a class. Please sign in at the **FRONT DESK** for each scheduled class!

Effective 8/1/2017