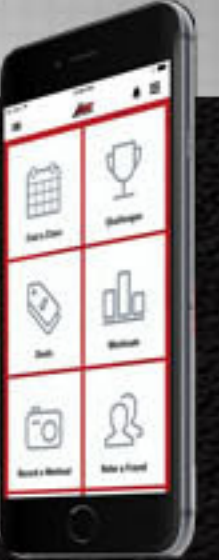


# GROUPX CLASSES



VIEW CURRENT CLASS SCHEDULE BY **DOWNLOADING THE MAXX FITNESS APP**

The NEW Maxx Fitness Clubzz app provides class schedules, social media platforms, creation of goals and participation in club challenges. Our app will also allow you to link many of the popular fitness tracking devices and fitness apps on the market. Available Free on iOS App Store or Google Play Store for Android.

## MONDAY

6:30AM **MAXX CYCLING** Brenda

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9:00AM **LES MILLS BODY PUMP** Maria

---

5:30PM ZUMBA Julie

---

6:00PM **MAXX CYCLING** Kathy

---

6:30PM **LES MILLS BODYCOMBAT** Alex

## TUESDAY

6:30AM TABATA Doreen

---

8:00AM **MOVEIT TEAM TRAINING\*** Lauren

---

9:00AM **LES MILLS BODYCOMBAT** Lauren

---

5:30PM ZUMBA Julie

---

6:00PM **MAXX CYCLING** Kathy

---

6:30PM **LES MILLS BODY PUMP** Amanda

## WEDNESDAY

6:30AM **MAXX CYCLING** Brenda

---

8:00AM **MOVEIT TEAM TRAINING\*** Lauren

---

9:00AM **LES MILLS BODY PUMP** Lauren

---

5:30PM **LES MILLS BODYCOMBAT** Lauren/Amanda

---

6:30PM YOGA Kimberly

## THURSDAY

6:30AM **LES MILLS BODY PUMP** Doreen

---

9:00AM **LES MILLS BODYCOMBAT** Doreen

---

5:30PM **LES MILLS BODY PUMP** Julie

## FRIDAY

6:30AM **MAXX CYCLING** Brenda

---

9:00AM **MOVEIT TEAM TRAINING\*** Lauren

## SATURDAY

7:15AM **LES MILLS BODY PUMP** Rotating Instructor

---

8:00AM **MAXX CYCLING** Brenda

---

8:00AM **LES MILLS BODYCOMBAT** Alex

---

9:00AM **LES MILLS BODY PUMP** Julie

---

10:00AM ZUMBA Julie

---

## SUNDAY

8:00AM TABATA BOOTCAMP Julie

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9:00AM **LES MILLS BODYCOMBAT** Doreen

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10:00AM YOGA Kimberly

RESERVE CLASSES ON OUR WEBSITE. GET CLASS PASS UPON CHECKING INTO THE CLUB. GIVE PASS TO INSTRUCTOR BEFORE CLASS BEGINS. **ENJOY YOUR WORKOUT!**

**CLUB HOURS**  
 MON - THU: 4:00AM - 10:00PM  
 FRI: 4:00AM - 9:00PM  
 SAT: 7:00AM - 7:00PM  
 SUN: 7:00AM - 7:00PM

**KIDZZ CLUB HOURS**  
 MON - SAT: 9:00AM - 12:00PM  
 MON - THU: 5:00PM - 8:00PM



**MOVEIT TEAM TRAINING\*** sessions are affordable and available to all members.



www.maxxfitnessclubzz.com