


FALL SCHEDULE- STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:00 AM		LES MILLS CXWORX Rachael M.		LES MILLS CXWORX Rachael M.			
5:30 AM	LES MILLS BODYPUMP Mary	LES MILLS BODYCOMBAT Rachael M.	LES MILLS BODYSTEP Seth	LES MILLS BODYATTACK Seth & Rachael M.	LES MILLS BODYPUMP Rebekah		
8:15 AM	ACTIVE LIVING weights 8:30 a.m. Hollie	LES MILLS BODYPUMP Melody	ACTIVE LIVING cardio 8:30 a.m. Nicole	LES MILLS BODYPUMP Mike	ACTIVE LIVING balance 8:30 a.m. Elya	9:00 a.m.	LES MILLS BODYPUMP Mary
9:30 AM	ACTIVE LIVING weights Hollie	LES MILLS BODYFLOW Rebekah	ACTIVE LIVING cardio Nicole		ACTIVE LIVING balance Elya	10:15 a.m.	LES MILLS BODYJAM Rachael M.
11:30 AM	LES MILLS BODYSTEP Justin- (30 MIN STEP ATHLETIC)		LES MILLS CXWORX McKenzie	LES MILLS BODYSTEP Mary (30 MIN)	LES MILLS CXWORX Valerie	11:30 a.m.	LES MILLS BODYFLOW Halee & Velvet
NOON	LES MILLS BODYPUMP Mike	LES MILLS BODYSTEP Mary & Ramie	LES MILLS BODYCOMBAT Christa & Justin	LES MILLS BODYPUMP Joseph & Sarah	LES MILLS BODYFLOW Nicole		
3:45 PM							
4:15 PM	LES MILLS BODYCOMBAT Christa & Halee	LES MILLS BODYPUMP Sarah	LES MILLS BODYATTACK Halee & McKenzie	LES MILLS BODYJAM Mary & Rachael M.	LES MILLS BODYPUMP Melody		
5:30 PM	LES MILLS BODYPUMP Joseph	LES MILLS BODYSTEP Seth & Justin	LES MILLS BODYPUMP Velvet & Jared	LES MILLS BODYFLOW Velvet	LES MILLS BODYCOMBAT Rachael M. & Ramie		
6:45 PM	ZUMBA Albie		ZUMBA Albie	LES MILLS BODYPUMP Hizzi			

WATER AEROBICS

1934 Hickory St.
325-670-6023

Monday, Wednesday, and Friday		Tuesday & Thursday	
6:00 AM	Level 3	10:00 AM	Level 1
7:00 AM	Level 2	NOON	Level 1
NOON	Level 2	1:00 PM - 2:30 PM	OPEN WALKING
1:00 PM - 2:30 PM	OPEN WALKING	5:00 PM	Level 3
5:00 PM	Mixed Levels		



HENDRICK HEALTH CLUB

FALL 2019

STUDIO 2						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM		LES MILLS BODYFLOW Velvet				
8:30 AM	ZUMBA Valerie				ZUMBA Albie	
NOON	LES MILLS BODYFLOW Brianna		LES MILLS BODYFLOW McKenzie			
4:45 PM				tone Brianna - 30 min		
5:00 PM	LES MILLS CXWORX Angela					
5:30 PM	LES MILLS BODYFLOW Rebekah	tone Teresa & Brianna - 40 min		ZUMBA Ashley		

CLUB HOURS OF OPERATION	
Monday - Thursday	5 AM - 9 PM
Friday	5 AM - 8 PM
Saturday	8 AM - 2 PM
Sunday	CLOSED

KIDZ ZONE		
Monday - Thursday	8 AM - 1:30 PM	3:30 PM - 7:45 PM
Friday	8 AM - 1:30 PM	3:30 PM - 6:30 PM
Saturday	9 AM - 1 PM	
Sunday	CLOSED	