

March '18

The Falls Group Fitness Schedule

thefallsclubbock.com

(806) 687-6080

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:15 AM	Spin Greg	Conditioning Brittany	Spin Adam	Conditioning Hope	HIIT (40 min) Brittany/Emily		 <p>THE FALLS TENNIS & ATHLETIC CLUB BY BODYWORKS</p>	
8:30 AM	Spin Jody	Tabata Mix Jody			Advanced Gravity Stephanie	Hot Yoga Jenn (S)		
9:00 AM	Hatha Flow Yoga Selina (S)	Basic Yoga Angie (S)	Hot Yoga Anthony (S)	Vinyasa Flow Lindsay (S)	Basic Yoga Alisha (S)	Spin Brittany/Michelle		
9:30 AM	Advanced Gravity Stephanie	Piloxing Katie	Body Sculpt Brittany/Jody	Zumba Cheri	Tabata Circuit Elizabeth	Basic Gravity Janda		
	Barre Brittany							
10:00 AM						Pump Intvl D'Lynn		
10:30 AM	Zumba Cheri	Flex Kim	Gravity Core Dee	Flex Kim				
Noon	Tabata Circuit Elizabeth (40 min)	Int'mediate Gravity Marissa (40 min)	Barre Kim (40 min)	Quick Spin Michelle (40 min)		*Oils & Yoga March 24 See yoga side box		
2:00 PM								Zumba Lisa
3:00 PM								Basic Gravity Debbie
4:45 PM	Tabata Circuit Elizabeth	Pump Christy	Spin/Abs Lana	Int'mediate Gravity Marissa				
5:45 PM	Hot Yoga Jenn (S)	Vinyasa Flow Yoga Anthony (S)	Hatha Flow Yoga Emily (S)	All Levels Yoga Angie (S)				Restorative Yoga Lindsay (S)
	Spin Brittany	Pump D'Lynn	Spin Greg	Barre Kim	<i>Fitness tip: When you least feel like getting a workout is when you actually need it the most! Get up and move!</i>			

The Falls Hours: Monday - Thursday 4:30 AM - 10 PM, Friday 4:30 AM - 8 PM, Saturday 8 AM - 8 PM, Sunday 12 PM - 8 PM

Kids Club Hours: M-F: 8:00 AM - 1:00 PM, M-TH 4:30 PM - 8:00 PM, Sat. 9:00 AM - 1:00