


July '18

The Falls Group Fitness Schedule

thefallslubbock.com

(806) 687-6080

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:15 AM	Spin Greg	Conditioning Brittany	Spin Kristy	Conditioning Hope	BODYPUMP Brittany		<p>July 4th!!! Join us for Aqua 11am with Elizabeth All other classes are Canceled July 4th</p> 	
8:30 AM	Spin Chelsea					Poolside Yoga Lindsay (S)		
	BODYPUMP Leigh	BODYCOMBAT Emily (30 min)	Sculpt & Tone Rachel	BODYCOMBAT Elizabeth	BODYPUMP Heather			
9:00 AM	Hatha Flow Yoga Selina (S)	Basic Yoga Angie (S)	Yin Yoga Alisha (S)	Vinyasa Flow Lindsay (S)	Poolside Yoga Alisha (S)	Spin Chelsea/Michelle		
		CXWORX 30 min. Katie						
9:30 AM	AdvancedGravity Stephanie	Piloxing Katie	Body Sculpt Brittany	CXWORX 30 min Katie	Tabata Circuit Elizabeth	Basic Gravity Janda		
	Barre Brittany				AdvancedGravity Stephanie			
10:00 AM		Gravity Flow Lindsay NEW		Int'mediate Gravity Marissa NEW		Pump Interval D'Lynn		
10:30 AM	Zumba Cheri	Stretch Kim		Stretch Kim	BODYCOMBAT NEW Emily			<p>Aqua Rotation</p> <p>7/2 Elizabeth 7/7 Elizabeth</p> <p>7/9 Elizabeth 7/14 Emily</p> <p>7/16 Brittany 7/21 Kayla</p> <p>7/23 Angie 7/28 Kristy</p> <p>7/30 Angie</p>
11:00 AM		Aqua Brittany	Aqua Elizabeth	Aqua Emily	Aqua Angie	Aqua Rotation		
Noon	Tabata Circuit Elizabeth (40 min)	Int'mediate Gravity Marissa (40 min)	Barre Kim (40 min)	Quick Spin Michelle (40 min)	CXWORX 30 min. Sharon/Melissa			
2:00 PM						Zumba Lisa	<p>Gravity Class sign ups will be open 24 hours prior to each class</p>	
3:00 PM						Basic Gravity Debbie		
4:45 PM		BODYPUMP Christy	Spin/CXWORX Lana					
5:45 PM	Hot Yoga Jenn (S)	Vinyasa Flow Yoga Nishita/Emily (S)	Hatha Flow Yoga Emily (S)	All Levels Yoga Nishita (S)		Restorative Yoga Lindsay (S)		
	BODYCOMBAT Christy	Pump/CXWORX D'Lynn	BODYCOMBAT Marissa	Barre Kim				
6:00 PM	Aqua Rotation							

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 3:00 PM - 8:00 PM, Sat. 8:30 AM - 1:00, Sunday closed

Pool Hours: CLOSED ON MONDAYS (except for evening aqua at 6:00), T,W,F,Sat & Sun: noon-7:00 pm, Thursdays: noon-9:30 (family night, starting June 14)