



The Falls - GX Schedule - September 2018

The Falls Tennis & Fitness Center
806-687-6080

Group Exercise Coordinator: Sabrina Lewis
sabrina@thefallslubbock.com

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Main Studio			5:15a CONDITIONING Brittany	5:15a STRONG Rosa	5:15a BODY COMBAT Emily	5:15a BODY PUMP Brittany	9:00a ZUMBA Lisa
		8:30a BODY PUMP Leigh	9:00a CXWORX (30) Katie	8:30a SCULPT & TONE Rachel	9:00a CXWORX (30) Katie	8:30a BODY PUMP Heather	
		9:30a BARRE Brittany	9:30a PILOXING Katie	9:30a BODY SCULPT Brittany	9:30a BARRE Britney	9:30a TABATA CIRCUIT Elizabeth	10:00a RIP INTERVAL D'Lynn
		10:30a CARDIO DANCE Cheri	10:30a STRETCH Kim		10:30a STRETCH Kim	10:30a BODY COMBAT Marissa	
		12:00p TABATA CIRCUIT (40) Elizabeth <i>(no class 9/3)</i>		12:00p BARRE (40) Kim		12:00p CXWORX (30) Dee	
		4:45p BODY PUMP Christy <i>(no class 9/3)</i>	4:45p BODY COMBAT Elizabeth	4:45p STRONG Brandi	4:45p TABATA CIRCUIT Kayla		
		5:45p BODY COMBAT Christy <i>(no class 9/3)</i>	5:45p RIP/CXWORX D'Lynn	New!! 5:45p BODY PUMP Sabrina	5:45p BARRE Kim		
Spin Room		5:15a SPIN Greg		5:15a SPIN Kristy			9:00a SPIN Michelle
					12:00p SPIN Michelle	12:00p SPIN Brittany	
		New Time!! 5:00p SPIN Kristy <i>(no class 9/3)</i>		New Time!! 5:00p SPIN Lana			

THE FALLS TENNIS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKENDS
<p>10:30 AM - 11:30 AM Cardio Tennis</p> <p>4:30 PM - 5:30 PM QuickStart Junior Classes \$ - (FREE for Platinum & Junior Members)</p> <p>7:00 PM - 8:30 PM Mixed Up Double Drills</p>	<p>10:00 AM - 11:00 AM 3.0 Clinic \$</p> <p>10:00 AM - 11:30 AM 4.0 Playday</p> <p>1:00 PM - 2:30 PM 3.5 Clinic \$</p> <p>5:30 PM - 7:00 PM JD Intermediate Clinic \$ - (FREE for Platinum & Junior Members)</p> <p>7:00 PM - 8:30 PM Mens Night Playday</p>	<p>8:30 AM - 10:30 AM 3.0 - 3.5 Ladies Playday & Drills</p> <p>10:30 AM - 11:30 AM Cardio Tennis</p> <p>4:30 PM - 5:30 AM QuickStart Junior Classes \$ - (FREE for Platinum & Junior Members)</p>	<p>8:30 AM - 10:00 AM 4.0 Ladies Clinic \$</p> <p>1:30 PM - 3:00 PM 3.5 Ladies Clinic \$</p> <p>4:15 PM - 5:00 PM Munchkins Junior Class \$ - (FREE for Platinum & Junior Members)</p> <p>5:30 PM - 7:00 PM JD Intermediate Clinic \$ - (FREE for Platinum & Junior Members)</p> <p>7:00 PM - 8:30 PM Mixed Up Double Drills (3.5 & Under)</p>	<p>10:00 AM - 11:00 AM Cardio Tennis</p> <p>11:00 AM - 12:30 PM 3.0 - 3.5 USTA Ladies Clinic \$</p>	<p><i>Saturday</i></p> <p>8:00 AM - 9:30 AM Mens Clinic</p> <p>12:00 PM - 1:00 PM Cardio Tennis</p> <p><i>Sunday</i></p> <p>6:00 PM - 8:00 PM Top Gun Play & Drills (UTR levels 6.0 & above)</p>