

Group Fitness Schedule

Wel at Humana - EXOS Circuit & Queenax



PROFESSIONALLY
MANAGED BY
EXOS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:00am–11:30am EXOS Circuit <i>Zach</i>		11:00am–11:30am EXOS Circuit <i>Adam Camey</i>		11:00am–11:30am EXOS Circuit <i>Adam Paul</i>
11:15am–12:00pm Queenax Metabolic Fit <i>Abbas</i>	11:15am –11:45am Queenax Core <i>Adam Camey</i>	11:15am –12:00pm Queenax Metabolic Fit <i>Abbas</i>	11:15am –11:45am Queenax Core <i>Adam Camey</i>	11:15am-12:00pm Queenax Metabolic Fit <i>Abbas</i>
12:15pm–1:00pm Queenax Metabolic Fit <i>Zach</i>	12:00pm – 12:30pm Queenax Boost (Intro)- <i>Zach</i>	12:15pm–1:00pm Queenax Metabolic Fit <i>Dana Price</i>	12:00pm – 12:30pm Queenax Boost (Intro)- <i>Zach</i>	12:15pm–1:00pm Queenax Metabolic Fit <i>Dana Price</i>
	1:00pm – 1:30pm EXOS Circuit <i>Bethnay</i>		1:00pm – 1:30pm EXOS Circuit <i>Abbas</i>	
	4:30pm – 5:15pm Queenax Metabolic Fit <i>Adam Camey</i>		4:30pm – 5:15pm Queenax Metabolic Fit <i>Zach</i>	
5:15pm – 5:45pm Queenax Boost <i>Bethany</i>		5:15pm – 5:45pm Queenax Boost <i>Adam Paul</i>		