



# MIDLAND

\* META \*

## HGX SCHEDULE

### MARCH 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 8:30am LINDA	 8:30am ERICA	 8:30am ERICA	 8:30am LINDA	 8:30am LALA		
 9:30am ERICA	 9:30am GINA	 9:30am GINA	 9:30am JESSICA B.		 9:30am DORIE	O P E N
					 10:30am JASMIN	
 5:30pm DORIE	 5:30pm DORIE		 5:30pm SHELLIE			
 6:00pm LEELANI	 6:00pm REBECCA	 6:00pm RINA	 6:00pm JASMIN	 6:00pm LEELANI		-
 6:30pm MARI (GOLD ROOM)	<b>Street Beats</b> 7:15pm JOSIAH	 7:15pm JENNIFER		CLOSE AT 10:00PM		5 pm
					CLOSE AT 6:00PM	

QUESTIONS / COMMENTS

EMAIL BRANDY AT  
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OR BRITTANI AT  
[Brittani-gfm@heroes-fitness.com](mailto:Brittani-gfm@heroes-fitness.com)

### \* MONDAY STRONG BY ZUMBA CHANGE \*

STRONG BY ZUMBA ON MONDAYS HAS BEEN CHANGED TO  
6:30 PM IN THE GOLD ROOM! HOPE TO SEE YOU THERE!

### DOWNLOAD OUR APP!

REMINDER TO DOWNLOAD OUR APP FOR CLASS TIMES AND LOCATION.

YOU WILL ALSO GET NOTIFICATIONS STRAIGHT TO YOUR PHONE OF ANY  
CANCELED CLASSES OR SPECIAL ANNOUNCEMENTS!