



MIDLAND

* META *

HGX SCHEDULE

APRIL 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			12 pm
 6:00pm LEELANI	 6:00pm REBECCA	 6:00pm RINA	 6:00pm JASMIN	 6:00pm LEELANI		- 5 pm
 6:30pm MARI (GOLD ROOM)	Street Beats 7:15pm JOSIAH	 7:15pm JENNIFER		CLOSE AT 10:00PM	CLOSE AT 6:00PM	

ZUMBA LAUNCH MONDAY, APRIL 15TH!

*Come and Dance Through
The Decades!*

You have two chances to
join us from 8:30-10:00 am
and/or from 6:00-8:00 pm!

Please see details in flyer.

LES MILLS LAUNCH MONDAY, APRIL 29TH!

5:30-6:00 pm Body Combat
6:00-6:30 pm Body Step
6:30-7:00 pm Body Pump
7:00-7:30 pm Strong by Zumba

Wear your favorite SUMMER color!

QUESTIONS / COMMENTS

EMAIL BRANDY AT
Brandy-gfm@heroes-fitness.com

OR BRITTANI AT
Brittani-gfm@heroes-fitness.com