







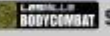
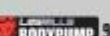






group ef*kt

JUNE CLASS SCHEDULE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Skills & Drills 5:30 am	 BODYPUMP 5:15 am	 BODYCOMBAT 5:15 am	BARRE 5:30 am (45 min)	 30min  30min 5:15 am	
ZUMBA (gym) 8:30 am	BARRE 8:30 am	ZUMBA Toning 8:30am (gym)	Free Motion 8am BARRE 8:30am  8:30am		 BODYCOMBAT 8:30 am
 BODYPUMP 9:00 am	STRONG by ZUMBA 9:00 am	 BODYPUMP 9:00 am	ZUMBA 9:00am	 9-9:30am  9:30-10:30am	ZUMBA (gym) 9:30am
 CXWORX 10:00 am	Kettlebell 10:00 am	 CXWORX 10:00 am	Kettlebell 10:00am		
Fit Forever 11:00 am		Fit Forever 11:00 am			
	Radical Rowing 12:00 pm				
 BODYPUMP 5:30 pm	ZUMBA (gym) 6:00pm	 BODYPUMP 5:30 pm	ZUMBA (gym) 6:00pm		

Please Note...

Class schedule is subject to change. Class additions, changes, or cancellations during the month will be posted throughout the club, on Facebook, and on our website.

Questions? Contact info@befitnesscenter.com

***ALL ZUMBA CLASSES UP AND RUNNING THE WEEK OF JUNE 12TH**

405 GENESEE STREET DELAFIELD, WI | befitnesscenter.com



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