

HEALTHWORKS

FITNESS CENTERS FOR WOMEN

HWX April 2011 Schedule

Time	MON	TUES	WED	THU	FRI	SAT	SUN
5:45 - 6:35am	HWX Telf						
7:30-8:20am			HWX Kristyn				
8:00-8:50am		HWX Mark		HWX Mark			
8:30 - 9:20am					HWX Nicole		
9:30 - 10:20am	HWX Jake					HWX Sid	
6:00-6:50pm							
6:30 - 7:20pm							
7:30 - 8:20pm		HWX Mark		HWX Jake			
Class Trainer Subject to Change							
	Women Only Classes						
	Co-ed Classes						