



Logan Square Fitness Class Schedule

Phone Number: (773) 486-5699

Hours: Mon-Thur: 5am-12am. Friday: 5am-10pm.

Sat-Sun:7am-9pm

See front desk for Personal Training info.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6AM			(X)FIT- <i>Joel</i>	WORKOUT CHALLENGE- <i>Kelly</i>			
9AM							
10AM						YOGA- <i>Monica</i>	
11AM						(X)FIT- <i>Joel</i>	
12PM							YOGA- <i>Veronica</i>
6PM	YOGA- <i>Melissa</i>			KICKBOXING- <i>Matine</i>			
6:30PM					YOGA- <i>Valerie</i>		
7PM	(X)FIT Level 2- <i>Joel</i>	(X)FIT - <i>Joel</i>		BODY SCULPT- <i>Ed</i>			
7:30PM			YOGA- <i>Veronica</i>				