



# Berwyn

6342 West Cermak Rd. Berwyn  
 IL, 60402  
 708.788.0010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00am-07:00am <b>Kick Boxing</b>		06:00am-07:00am <b>Zumba</b>		06:00am-07:00am <b>Cardio Flex</b>	09:00am-10:00am <b>Body Fit</b>	09:00am-10:00am <b>Cardio Flex</b>
09:00am-10:00am <b>Step Jam</b>	09:00am-10:00am <b>Turbo Kick</b>	09:10am-10:10am <b>Zumba</b>	09:00am-10:00am <b>Turbo Kick</b>	09:00am-10:00am <b>Body Fit</b>	10:00am-11:00am <b>Step Jam</b>	10:00am-11:00am <b>Kick Boxing</b>
10:00am-11:00am <b>Hard Body</b>	10:00am-10:45am <b>Core 'N More</b>	10:10am-11:00am <b>Kicken' Core Ball</b>	10:00am-11:00am <b>Body Fit</b>	10:00am-11:00am <b>Zumba</b>	11:00am-12:00pm <b>Zumba</b>	
530pm-06:30pm <b>Hard Body</b>	05:30pm-06:30pm <b>WERQ</b>	05:30pm-06:15pm <b>Turbo Kick</b>	05:30pm-06:30pm <b>Zumba</b>	06:00pm-07:00pm <b>Strong by Zumba</b>		
06:30pm-07:30pm <b>Turbo Kick</b>	06:30pm-07:30pm <b>Zumba</b>	06:30pm-07:30pm <b>Zumba</b>	06:30pm-07:30pm <b>Body Fit</b>			
07:30pm-08:30pm <b>Zumba</b>	07:30pm-08:30pm <b>Zumba Toning</b>	07:30pm-08:30pm <b>Piloxing</b>				

**Club Hours:**

- Mon-Thurs: 5:45am-9pm
- Friday: 5:45am-8pm
- Saturday: 8am-2pm
- Sunday: 8am-2pm

**Playroom Hours:**

**Please call 1-3 hours in advance for playroom appointment, thank you.**

\*Instructors & Classes subject to change Questions / Comments:  
 berwyn@w3body.com