



Berwyn

6342 West Cermak Rd. Berwyn
 IL, 60402
 708.788.0010

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

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