

GreatLIFE Western Hills

8533 SW 21st Street (785) 478-4000

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning					Boxing 5:30a-6:30a Boxing Arena Brian	
		Tai Chi 9:30a-10:15a Aerobics Studio (Deb)		Tai Chi 9:30a-10:15a Aerobics Studio (Deb)		Boxing 9:00am-10:00am Boxing Arena Brian
Evening					Group Exercise Schedules are online at www.greatlifetopeka.com/-fitness-classes	
	Boxing 5:30pm-6:30pm Boxing Arena Brent	Boxing 5:00p-6:00p Boxing Arena Brent	Boxing 5:30pm-6:30pm Boxing Arena Brent	Boxing 5:00p-6:00p Boxing Arena Brent		
					Aerobics Studio - upper level North side	
					SPIN Studio - lower level - East side	
					Boxing Arena- lower level - SE corner	
					Boxing Arena- lower level - SE corner	

GreatLIFE
Live. Play. Better.