

GreatLIFE Western Hills

8533 SW 21st Street (785) 478-4000

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning					BoxFIT 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)		BoxFIT 9:00a-10:00a Boxing Arena Brian
Evening					Group Exercise Schedules are online at www.greatlifetopeka.com/-fitness-classes	
	BoxFIT 5:00p-6:00p Boxing Arena Brent		BoxFIT 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.