



**Queenax Schedule**  
**Queenax Room @ Kankakee Area YMCA**  
 September 23rd - November 3rd

1075 N. Kennedy Dr  
 KANKAKEE, IL 60901  
 (815) 933-1741

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>5am</b>		<b>QUEENAX Circuit</b> Merissa Burns-Gray 5:15am - 6am		<b>QUEENAX Circuit</b> Merissa Burns-Gray 5:15am - 6am			
<b>8am</b>	<b>QUEENAX Circuit</b> Ashlie Coughlan 8:30am - 9:30am		<b>QUEENAX Circuit</b> Mollie Grizzle 8:30am - 9:30am		<b>QUEENAX Circuit</b> Laura Zens 8:30am - 9:30am		
<b>5pm</b>	<b>TRX Tabata</b> Aemilia Gray 5pm - 5:30pm	<b>QUEENAX Circuit</b> Laura Zens 5:30pm - 6:15pm	<b>TRX Tabata</b> Aemilia Gray 5pm - 5:30pm	<b>QUEENAX Circuit</b> Laura Zens 5:30pm - 6:15pm			
<b>6pm</b>		<b>QUEENAX Circuit</b> Tina Begley 6:30pm - 7:30pm		<b>QUEENAX Circuit</b> Tina Begley 6:30pm - 7:30pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.