

Cape Coral

Fort Myers – Alico

Fort Myers – Boy Scout

Fort Myers – Six Mile

Port Charlotte

Sarasota

## AROUND THE CLOCK FITNESS – CAPE CORAL

# FITNESS CLASSES



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
5:00A-6:00A Cycle Room CYCLE JEN	5:00A-6:00A GroupExRoom BODY PUMP JEN	5:00A-6:00A Cycle Room CYCLE JEN	5:00A-6:00A GroupExRoom BODY PUMP RENEE	8:00A-9:00A GroupExRoom STRNGTH 4 YOGA JJ	9:00A-10:00A GroupExRoom BODY FLOW KAREN	10:00A-11:00A GroupExRoom ZUMBA KENIA	8:00A-9:00A GroupExRoom BODY PUMP KAREN	7:00A-8:00A GroupExRoom CSI SCOTT	8:00A-9:00A GroupExRoom LOW & SCULPT JJ	7:00A-8:00A GroupExRoom CSI SCOTT	9:00A-10:00A GroupExRoom BODY PUMP LORI	9:00A-10:00A Cycle Room CYCLE STACY	10:00A-11:00A Cycle Room CYCLE STACY/IVY
9:00A-10:00A GroupExRoom STEP & SCULT KAREN	8:00A-9:00A GroupExRoom SILVER SNEAKERS SCOTT	9:00A-10:00A GroupExRoom STRNGTH 4 YOGA JJ	8:00A-9:00A GroupExRoom SILVER SNEAKERS SCOTT	9:00A-10:00A Cycle Room CYCLE GINA	10:00A-11:00A GroupExRoom ZUMBA SHANNON/LEANN	2:00P-4:00P GroupExRoom KIDS KARATE GEORGE	9:00A-10:00A Cycle Room CYCLE SUSI	9:00A-10:00A GroupExRoom BARBELL STRENGTH SUSI	9:00A-10:00A Cycle Room CYCLE KRISTEN	9:00A-10:00A GroupExRoom BODY PUMP PHILLY	10:00A-11:00A Cycle Room CYCLE GINA	11:00A-12:00P GroupExRoom POWER SCULPT SHANNON/LEANN	
10:00A-11:00A GroupExRoom BODY COMBAT KAREN	9:00A-10:00A Cycle Room CYCLE GINA	10:00A-11:00A GroupExRoom BODY PUMP LORI	9:00A-10:00A Cycle Room CYCLE KRISTEN	10:00A-11:00A GroupExRoom KICK HIIT SUSI	4:00p-6:00p GroupExRoom KIDS KARATE GEORGE		10:00A-11:00A Cycle Room CYCLE GINA	10:00A-11:00A GroupExRoom BARRE METHOD MISSY	11:00A-12:00P GroupExRoom ZUMBA LORI	10:00A-11:00A GroupExRoom TABATA SCOTT	11:00A-12:00P GroupExRoom CORE BALL SUSI		
11:00A-12:00P GroupExRoom BODY FLOW KAREN	10:00A-11:00A Cycle Room CYCLE SUSI	3:30P-4:30P GroupExRoom OVERDRIVE SCOTT	11:00A-12:00P GroupExRoom ZUMBA MONICKA	12:00P-1:00P GroupExRoom ZUMBA ANA			12:00P-1:00P GroupExRoom ZUMBA EDITA	11:00A-12:00P GroupExRoom DANCE FUSION MISSY	4:30P-5:30P GroupExRoom BUTTS & GUTS DONNA	12:00P-1:00P GroupExRoom POWER YOGA JJ	6:30P-7:30P GroupExRoom ZUMBA SHANNON		
3:30P-4:30P GroupExRoom OVERDRIVE SCOTT	12:00P-1:00P GroupExRoom STRNGTH 4 YOGA JJ	5:30P-6:30P GroupExRoom BODY PUMP OMAR	4:30P-5:30P GroupExRoom LOW & SCULPT SCOTT				4:30P-5:30P GroupExRoom TABATA SCOTT	4:30P-5:30P GroupExRoom PUNCH & PUMP SCOTT	6:30P-7:30P GroupExRoom ZUMBA SHANNON	5:30P-6:30P GroupExRoom ZUMBA SHERRY			
5:30P-6:30P GroupExRoom BODY PUMP OMAR	5:30P-6:30P GroupExRoom CARDIO DANCE NICOLE	6:30P-7:30P Cycle Room CYCLE OMAR	6:30P-7:30P GroupExRoom BODY PUMP KAYLA				5:45P-6:00P Cycle Room CYCLE EXPRESS Mike	6:30P-7:30P GroupExRoom BODY PUMP OMAR	7:30P-8:30P GroupExRoom BODY FLOW OMAR	7:30P-8:30P GroupExRoom BODY COMBT OMAR			
6:30P-7:30P GroupExRoom BUTTS & GUTTS SUSI	6:30P-7:30P Cycle Room CYCLE DEB												
6:30P-7:30P Cycle Room CYCLE OMAR	7:30P-8:30P GroupExRoom BODY COMBAT OMAR												

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