

Cape Coral

Fort Myers – Alico

Fort Myers – Boy Scout

Fort Myers – Six Mile

Port Charlotte

Sarasota

AROUND THE CLOCK FITNESS – SARASOTA

FITNESS CLASSES



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
5:30a-6:15a Cycle Room <i>Julia</i>	Ride Express	5:30a-6:30a GroupExRoom <i>Julia</i>	BodyPump	5:30a-6:15a Cycle Room <i>Julia</i>	SoulRide	5:30a-6:30a GroupExRoom <i>Sharon</i>	BodyPump	8:00a-9:00a Yoga Room <i>Andrea</i>	Barre	8:00a-8:45a Cycle Room <i>Roseann</i>		8:30a-9:25a GroupExRoom <i>Staffrotation</i>	BodyPump
8:00a-8:25a GroupExRoom <i>Debbie</i>	CX Works	8:00a-8:45a Cycle Room <i>Roseann</i>	Cycle/HIIT	8:00a-8:30a GroupExRoom <i>Debbie</i>	CX Works	8:10a-8:55a Cycle Room <i>Roseann</i>	Cycle/HIIT	9:00a-9:55a GroupExRoom <i>Roseann</i>	BodyPump	9:00a-10:00a GroupExRoom <i>Emelia</i>		9:30a-10:00a GroupExRoom <i>Staffrotation</i>	CXWorks
8:30a-8:55a Cycle Room <i>Janette</i>	Rev	9:00a-10:00a Yoga Room <i>Janine</i>	Barre/Yoga/Tone	8:30a-9:00a Cycle Room <i>Debbie</i>	Rev	9:30a-10:30a Yoga Room <i>Sabrina</i>	Barre/Yoga/Tone	9:00a-9:55a Yoga Room <i>Mike</i>	TaiChi	10:00a-11:00a GroupExRoom <i>Seanna</i>		10:00a-10:55a Yoga Room <i>Lana</i>	Yoga
9:00a-9:55a Yoga Room <i>Mike</i>	Tai-Chi	10:30a-11:30a GroupExRoom <i>Lana</i>	SS Yoga	9:00a-9:55a Yoga Room <i>Mike</i>	TaiChi	9:15a-10:0a Fight Fit <i>Charlie</i>	BodyCombat	10:00a-10:45a Cycle Room <i>Roseann</i>	Rev & Roll	10:00a-11:00a Yoga Room <i>Kerri</i>		10:30am-11:25am Cycle Room <i>Steve</i>	Soul Ride
10:00a-10:45a GroupExRoom <i>Michelle</i>	Pound	11:30p-12:25p GroupExRoom <i>Lana</i>	SS Circuit	9:15a-10:00a GroupExRoom <i>Charlie</i>	BodyCombat	10:00a-10:45a GroupExRoom <i>Michelle</i>	Pound	11:00a-11:55a GroupExRoom <i>Roseann</i>	SilverSneakers	11:00a-11:55a Yoga Room <i>Kerri</i>			
10:00a-11:00a Yoga Room <i>Jennifer</i>	Barre	12:00a-11:00a Yoga Room <i>Jennifer</i>	Yoga	10:00a-10:30a GroupExRoom <i>Charlie</i>	Grit	10:00a-10:30a Fight Fit <i>Charlie</i>	Grit	12:00p-12:45p GroupExRoom <i>Carmen</i>	BodyPumpEX				
11:00a-11:55a GroupExRoom <i>Roseann</i>	SilverSneakers	5:30p-6:25p GroupExRoom <i>Emelia</i>	BodyPump	10:00a-11:00a Yoga Room <i>Kerri</i>	Yin Yoga	11:00a-11:30a GroupExRoom <i>Roseann</i>	SS Balance	4:30p-5:30p Yoga Room <i>Kerri</i>	YinYoga				
12:00p-12:45p GroupExRoom <i>Carmen</i>	BodyPump Express	5:25p-5:55p Fight Fit <i>Charlie</i>	Grit	11:00a-11:55a GroupExRoom <i>Lana</i>	SilverSneakers	12:00a-11:00a Yoga Room <i>Jennifer</i>	Yoga						
5:30p Fight Fit <i>Daina</i>	BodyCombat	6:00p-6:55p Fight Fit <i>Charlie</i>	BodyCombat	12:00p-12:45p GroupExRoom <i>Emelia</i>	BodyPump Express	5:30p-6:25p GroupExRoom <i>Emelia</i>	BodyPump Express						
5:30p-6:00p Yoga Room <i>Janine</i>	Barre	6:00p-6:55p Yoga Room <i>Janette</i>	Barre	5:25p-5:55p Fight Fit <i>Caitlin</i>	Grit	5:25p-5:55p Fight Fit <i>Caitlin</i>	Grit						
6:00p-6:55p GroupExRoom <i>Sally</i>	BodyPump	6:30p-7:15p Cycle Room <i>Reid</i>	Cycle	5:30p-6:00p Yoga Room <i>Kerri</i>	Barre	6:00p-6:55p Yoga Room <i>Janette</i>	Barre						
6:00p-6:55p Yoga Room <i>Janine</i>	Yoga	7:30p-8:30p Yoga Room <i>Claudia</i>	YogaRestore	5:45p-6:15p Cycle Room <i>Roseann</i>	REV	6:00p-7:00p GroupExRoom <i>Caitlin</i>	BodyCombat						
6:30p-7:15p Cycle Room <i>Steve</i>	Cycle			6:00p-6:55p GroupExRoom <i>Sally</i>	BodyPump	6:30p-7:15p Cycle Room <i>Reid</i>	Cycle						
7:15p-8:155p GroupExRoom <i>Rose M</i>	Zumba			6:00p-6:55p Yoga Room <i>Kelly</i>	Yoga1&2	7:00p-8:00p GroupExRoom <i>Michelle</i>	Dance Revolution						
				7:00p-7:55p GroupExRoom <i>Rose M</i>	Zumba	7:30p-8:30p Yoga Room <i>Claudia</i>	Yogo Restore						

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