

Cape Coral

Fort Myers – Alico

Fort Myers – Boy Scout

Fort Myers – Six Mile

Port Charlotte

Sarasota

AROUND THE CLOCK FITNESS – SIX MILE FITNESS CLASSES



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00a-6:45a Cycle Room Cycle 45 Ginger		8:00a-9:00a GroupExRoom Tracy's Mash Up Tracy		6:00a-6:45a Cycle Room Cycle 45 Donna		8:00a-9:00a GroupExRoom Sculpt Ivy		6:00a-6:45a Cycle Room Cycle 45 Ginger		8:00a-9:00a GroupExRoom Kick HIIT Ingrid		8:00a-9:00a GroupExRoom Body Combat Karen	
8:00a-9:00a GroupExRoom HIIT Strength Tanya		9:00a-10:00a GroupExRoom CSI Ronnee		8:00a-9:00a GroupExRoom Body Flow Karen		9:00a-10:00a GroupExRoom Step Ivy		8:00a-9:00a GroupExRoom Total Body Strength Candi/Mary		8:00a-9:00a Cycle Room Soul 45 Susan		9:00a-10:00a Cycle Room Soul Ride Susan	
9:00a-10:00a GroupExRoom Butts & Guts Tanya		9:30a-10:30a Cycle Room Cycle Ivy		9:00a-10:00a Cycle Room Cycle Mary		9:30a-10:30a Cycle Room Cycle Allyson		9:00a-10:00a Cycle Room Cycle Mary/Candi		9:00a-10:00a Cycle Room Cycle Shandra		9:00a-10:00a GroupExRoom Body Pump Karen	
9:00a-10:00a Cycle Room Cycle Debbie		10:00a-11:00a GroupExRoom Zumba Valentina		9:00a-10:00a GroupExRoom StepForStrength Karen		10:00a-11:00a GroupExRoom Zumba Valentina		9:00a-10:00a GroupExRoom Zumba Monika		9:00a-10:00a GroupExRoom Butts&Gutts Kristen		10:00a-11:00a GroupExRoom Zumba Ingrid	
10:00a-11:00a GroupExRoom Zumba Monika		10:30a-11:30a Yoga Room De-stress Yoga Ronnee		10:00a-11:00a GroupExRoom Body Pump Karen		11:00a-12:00p GroupExRoom Zen-ergy Ivy		10:00a-11:00a GroupExRoom Body Combat Karen		10:00a-11:00a GroupExRoom Zumba Jacqueline		10:00a-11:00a Yoga Room Body Flow Karen	
10:30a-11:30a Yoga Room Pilates Fusion Jacqueline		11:00a-11:30p GroupExRoom BYOB Valentina		11:00a-12:00p GroupExRoom Body Combat Karen		12:00p-1:00p GroupExRoom BOOM Move & Strength Cynthia		11:00a-12:00p GroupExRoom Body Pump Karen		10:00a-11:00a Yoga Room Body Flow Shandra			
12:00p-1:15p GroupExRoom Silver Sneakers Cynthia		12:00p-1:00p GroupExRoom Silver Sneaker Yoga Cynthia		12:00p-1:00p GroupExRoom Silver Sneakers Cynthia		5:30p-6:30p GroupExRoom HIIT Strength Tanya		12:00-12:45 Cycle Room Cycle 45 Karen		11:00a-12:00p Yoga Room Yoga Core Ronnee			
12:00p-12:45p Cycle Room Cycle 45 Ivy		5:30p-6:30p Cycle Room Cycle Edmund		12:00-12:45 Cycle Room Cycle 45 Karen		5:30p-6:30p Cycle Room Cycle Candi		12:00p-1:00p GroupExRoom Silver Sneakers Cynthia		1:00p-2:00p KIDS KARATE ADVANCE George			
5:30p-6:30p Yoga Room Pilates Fusion Jacqueline		5:30p-6:30p GroupExRoom Zumba Jacqueline		5:30p-6:30p GroupExRoom Total Body Strengt Candi		6:00p-7:00p KIDS KARATE BEGINNERS George		6:30p-7:30p GroupExRoom Zumba Mirasol		2:00p-3:00p KIDS KARATE BEGINNERS George			
5:30p-6:30p Cycle Room Soul Ride Susan		6:30p-7:30p GroupExRoom Power Sculpt Edmund		5:30p-6:30p Cycle Room Cycle Allyson		6:30p-7:30p GroupExRoom Zumba Quintaysia/Sofia							
5:30p-6:30p GroupExRoom Step/Strength/Core Ronnee		6:30p-7:30p Yoga Room Pilates Fusion Jacqueline		6:00p-7:00p KIDS KARATE ADVANCE George									
6:30p-7:30p GroupExRoom Zumba Mirasol				6:30p-7:30p GroupExRoom Zumba Jacqueline									
6:30p-7:30p Yoga Room Yoga Flow Ronnee													

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