

Cape Coral

Fort Myers – Alico

Fort Myers – Boy Scout

Fort Myers – Six Mile

Port Charlotte

Sarasota

AROUND THE CLOCK FITNESS - ALICO FITNESS CLASSES



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00a-6:45a Cycle Room Cycle 45 Ginger	8:00a-9:00a GroupExRoom BodyCombat Karen	8:00a-8:30a GroupExRoom TotalBodyExp. Donna R.	8:00a-9:00a GroupExRoom BodyCombat Karen	6:00a-6:45a Cycle Room Cycle 45 Donna R.	8:00a-8:45a Cycle Room Cycle 45 Donna R.	9:00a-10:00a Cycle Room Cycle Erin							
8:00a-9:00a GroupExRoom BarbellStrength Donna R.	9:00a-10:00a GroupExRoom BodyPump Karen	8:30a-9:00a GroupExRoom CoreN'More Donna R.	9:00a-10:00a GroupExRoom BodyPump Karen	8:00a-8:30a Cycle Room Cycle 30 Karen	9:00a-9:30a Cycle Room Stretch Donna R.	9:00a-10:00a GroupExRoom Step Ginger							
9:00a-9:45a Cycle Room Cycle 45 Donna R.	9:00a-10:00a Cycle Room Cycle Donna R.	9:00a-9:45a Cycle Room Cycle 45 Kayla	9:00a-10:00a Cycle Room Cycle Donna F.	8:30a-9:00a Yoga Room CxWorx Karen	9:00a-10:00a GroupExRoom Zumba Mirasol								
9:30a-10:30a Yoga Room Yoga Edric	10:00a-11:00a Yoga Room Body Flow Karen	9:30a-10:30a Yoga Room Yoga Edric	10:00a-11:00a Yoga Room Body Flow Karen	9:00a-10:00a Yoga Room Yoga Drew	9:00a-10:00a Yoga Room Cycle Donna R.								
10:00a-10:30a GroupExRoom BodySculptExp. Donna R.	10:00a-11:00a GroupExRoom SilverSneakers Devon	5:30p-6:30p Yoga Room BarreFusion Michelle	10:00a-11:00a GroupExRoom SilverSneakers Devon	9:00a-10:00a Cycle Room Cycle Debbie	11:00a-11:30a GroupExRoom BodyCombat Karen								
4:30p-5:30p Group Ex Room Total Body Kari	11:00a-11:45a Cycle Room Cycle 45 Karen	5:30p-6:30p GroupExRoom Total Body Kari	11:00a-11:45a Cycle Room Cycle 45 Karen	9:00a-9:30a GroupExRoom TotalBodyE. Donna R.	11:30a-12:00p GroupExRoom BodyPump Karen								
5:30p-6:30p GroupExRoom CardioStrength Stacy	12:00p-12:30p GroupExRoom CxWorx Karen	6:00p-7:00p Cycle Room Cycle Erin	12:00p-12:30p GroupExRoom CxWorx Karen	9:30a-10:00a GroupExRoom Core'N More Donna R.	12:00p-12:30p GroupExRoom CxWorx Karen								
6:00p-7:00p Cycle Room Cycle Donna F.	5:30p-6:30p GroupExRoom BodyCombat Gosia	6:30p-7:30p GroupExRoom GreatBallsAFire Vania	4:30p-5:30p GroupExRoom BodyPump Ginger	10:00a-11:00a YogaRoom Barre Vania	12:30p-1:30p GroupExRoom Body Flow Karen								
6:30p-7:30p GroupExRoom Zumba Step Stacy	6:00p-7:00p Cycle Room Cycle Melissa		5:30p-6:30p GroupExRoom Tabata Ginger	5:00p-6:00p YogaRoom FREE KidsTKO 5-8YearOlds									
7:00p-8:00p Yoga Room Body Flow Ginger	6:00p-7:00p Yoga Room Yoga Edric		6:00p-7:00p Cycle Room Cycle Caitlin	6:00p-7:00p GroupExRoom Happy Hour Zumba Grace									
	6:30p-7:30p GroupExRoom BootCamp Circuit Gosia		6:30p-7:30p Yoga Room Yoga Ginger	6:00p-7:00p YogaRoom FREE KidsTKO 9Years^									
			6:30p-7:30p GroupExRoom Belly Dance Vania										

ATCF ALICO | 239.243.8142
16970 Alico Mission Way, FORT MYERS, FL 33908