

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

ATCF ALICO | 239.243.8142

16970 Alico Mission Way, FORT MYERS, FL 33908