

Cape Coral

Fort Myers – Alico

Fort Myers – Boy Scout

Fort Myers – Six Mile

Port Charlotte

Sarasota

AROUND THE CLOCK FITNESS – BOY SCOUT

FITNESS CLASSES



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00a-7:00a	Total Ride Cycle Room Steve	6:00a-7:00a	HITT Strength GroupExRoom Brigitte	6:00a-7:00a	Total Ride Cycle Room Dave	6:00a-6:45a	Ride Express Cycle Room Steve	6:00a-7:00a	Total Ride Cycle Room Dave	7:00a-7:45a	CSI GroupExRoom Steve	8:00a-9:30a	Super Ride Cycle Room Dave
8:00a-9:00a	BodyPump GroupExRoom Tracy	7:00a-7:45a	Cycle 45 Cycle Room Brigitte	8:00a-9:00a	Tabata GroupExRoom Pam	6:00a-7:00a	Body Pump GroupExRoom Staff	8:00a-9:00a	BodyPump GroupExRoom Tracy	8:00a-9:30a	Super Ride Cycle Room Steve	8:30a-9:30a	Yoga Yoga Room Staff
9:00a-10:00a	Total Ride Cycle Room Brigitte	8:00a-9:00a	Kick N Crunch GroupExRoom Pam	9:00a-10:00a	Total Ride Cycle Room Staff	8:00a-9:00a	Kick N Crunch GroupExRoom Pam	9:00a-10:00a	Body Flow GroupExRoom Tracy	8:30a-9:30a	Step 2.0 GroupExRoom Jada	10:00a-11:00a	Yoga Yoga Room Staff
9:00a-10:00a	Mat Pilates Yoga Room Tracy	9:00a-10:00a	CSI GroupExRoom Pam	9:00a-10:00a	Booty Barre Yoga Room Emily	9:00a-10:00a	CSI GroupExRoom Pam	9:00a-10:00a	Cycle Cycle Room Brigitte	9:00a-10:15a	Power Yoga Yoga Room Richard		
9:00a-10:00a	Step GroupExRoom Pam	9:00a-9:45a	Ride Express Cycle Room Brigitte	9:00a-10:00a	Power Step GroupExRoom Pam	9:00a-10:00a	Cycle Cycle Room Donna R	10:00a-11:00a	Booty Barre Yoga Room Emily	9:30a-10:30a	Burn GroupExRoom Jada		
10:00a-11:00a	Yoga Yoga Room Richard	10:00a-11:00a	Yoga Flow Yoga Room Kelly	10:00a-11:00a	Yoga Yoga Room Kelly	10:00a-11:00a	SilverSneakers GroupExRoom Tracy	11:00a-12:00p	SilverSneakers GroupExRoom Becky	9:30a-10:30a	CrossFit KIDS Crossfit Kelly		
10:00a-11:00a	Pure Muscle GroupExRoom Brigitte	10:00a-11:00a	SilverSneakers GroupExRoom Cynthia	10:00a-11:00a	Pure Muscle GroupExRoom Emily	10:00a-11:00a	Functional Yoga Yoga Room Richard	4:30p-5:45p	Happy Hour Yoga Yoga Room Danielle A	10:45a-11:30a	Yoga Rocks* Yoga Room Allison		
11:00a-12:00p	SilverSneakers GroupExRoom Becky	11:00a-12:00p	LaBlast GroupExRoom Tracy C	11:00a-12:00p	Zumba GroupExRoom Michelle	11:00a-12:00p	LaBlast GroupExRoom Tracy C	5:30p-6:30p	Zumba GroupExRoom Valentina	10:30a-11:30a	Zumba GroupExRoom Valentina		
12:00p-12:45p	BodyPump GroupExRoom Brigitte	4:30p-5:30p	BodyPump GroupExRoom Ginger	12:00p-12:45p	BodyPump GroupExRoom Brigitte	4:30p-5:30p	Zumba GroupExRoom Ingrid	6:00p-7:00p	Kids Karate Yoga Room George				
4:30p-5:30p	Belly/Butt/Thigh GroupExRoom Brigitte	4:30p-5:30p	Pilates Barre Yoga Room Michelle	4:30p-5:30p	Balls2theWall GroupExRoom Jada	4:30p-5:30p	Pilates Barre GroupExRoom Danielle A						
5:30p-6:30p	Power Yoga Yoga Room Edric	5:30p-6:30p	Step GroupExRoom Justin	5:30p-6:30p	Power Yoga Yoga Room Daniella A	5:30p-6:30p	BodyPump GroupExRoom Brigitte						
5:30p-6:30p	Cycle Cycle Room Mary	5:30p-6:30p	Chill Yoga Yoga Room Jamie	5:30p-6:30p	Cycle Cycle Room Mary	5:30p-6:30p	Chill Yoga Yoga Room Jamie						
5:30p-6:15p	Burn GroupExRoom Jada	5:30p-6:30p	Total Ride Cycle Room Erin	5:30p-6:30p	Zumba Tone GroupExRoom Valentina	5:30p-6:30p	Total Ride Cycle Room Erin						
6:15p-7:00p	Step GroupExRoom Jada	6:30p-7:30p	Barbell Strength GroupExRoom Justin	6:30p-7:30p	Yoga Yoga Room George	6:30p-7:30p	Zumba GroupExRoom Valentina						
7:00p-8:00p	Zumba GroupExRoom Valentina	7:30p-8:30p	Kids Karate Yoga Room George	6:30p-7:30p	Zumba GroupExRoom Valentina								
8:00p-8:45p	BYOB GroupExRoom Valentina	7:30p-8:30p	Zumba GroupExRoom Valentina										

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