

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

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