

Cape Coral

Fort Myers – Alico

Fort Myers – Boy Scout

Fort Myers – Six Mile

Port Charlotte

Sarasota

AROUND THE CLOCK FITNESS – SARASOTA

FITNESS CLASSES



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
5:30a-6:15a Cycle Room Ride Express <i>Julia</i>	5:30a-6:30a GroupExRoom BodyPump <i>Julia</i>	5:30a-6:15a Cycle Room SoulRide <i>Julia</i>	5:30a-6:30a GroupExRoom BodyPump <i>Sharon</i>	9:15a-10:15a GroupExRoom BodyPump <i>Roseann</i>	8:00a-8:45a Cycle Room Cycle <i>Roseann</i>	8:30a-9:25a GroupExRoom BodyPump <i>Staff rotation</i>							
8:00a-8:25a GroupExRoom CX Works <i>Debbie</i>	8:00a-8:45a Cycle Room Cycle/HIIT <i>Roseann</i>	8:00a-8:30a GroupExRoom CX Works <i>Debbie</i>	8:10a-8:55a Cycle Room Cycle/HIIT <i>Roseann</i>	9:00a-9:55a Yoga Room TaiChi <i>Mike</i>	10:00a-11:00a Cycle Room Spin <i>Steve</i>	9:00a-9:50a Yoga Room Barre <i>Merissa</i>							
8:30a-8:55a Cycle Room Rev <i>Janette</i>	9:00a-10:00a Yoga Room Barre/Yoga/Tone <i>Janine</i>	8:30a-9:00a Cycle Room Rev <i>Debbie</i>	9:30a-10:30a Yoga Room Yoga <i>Jennifer</i>	10:15a-11:15a Cycle Room Rev & Roll <i>Roseann</i>	9:00a-10:00a GroupExRoom BodyPump <i>Emelia</i>	9:30a-10:00a GroupExRoom CXWorks <i>Staff rotation</i>							
9:15a-10:10a GroupExRoom Body Pump <i>Roseann</i>	9:15a-10:00a GroupExRoom TX Core <i>Roseann</i>	9:00a-9:55a Yoga Room TaiChi <i>Mike</i>	9:15a-10:00a GroupExRoom TX Core <i>Roseann</i>	11:00a-11:55a GroupExRoom SilverSneakers <i>Roseann</i>	10:00a-11:00a GroupExRoom BodyCombat <i>Seanna</i>	10:00a-10:55a Yoga Room Yoga <i>Lana</i>							
9:00a-9:55a Yoga Room Tai-Chi <i>Mike</i>	9:30a-10:30a Fight Fit BodyCombat <i>Seanna</i>	9:15a-10:00a GroupExRoom Body Pump <i>Amber</i>	11:00a-11:30a GroupExRoom SS Balance <i>Roseann</i>	12:00p-12:45p GroupExRoom BodyPumpEX <i>Carmen</i>	10:00a-11:00a Yoga Room Kid's Yoga <i>Janette</i>	10:15am-11:00am Cycle Room Soul Ride <i>Merissa</i>							
10:15a-11:00a GroupExRoom Zumba <i>Michelle</i>	10:30a-11:30a GroupExRoom SS Yoga <i>Lana</i>	10:15a-11:00a GroupExRoom Zumba <i>Michelle</i>	12:00a-1:00p Yoga Room Yoga <i>Jennifer</i>		11:00a-11:55a Yoga Room Yogaflow <i>Janette</i>								
10:00a-11:00a Yoga Room Barre <i>Janette</i>	11:30p-12:25p GroupExRoom SS Circuit <i>Lana</i>	10:00a-11:00a Yoga Room Yoga <i>Janette</i>	5:30p-6:25p GroupExRoom BodyPump Express <i>Emelia</i>										
11:00a-11:55a GroupExRoom SilverSneakers <i>Roseann</i>	5:25p-6:15p Fight Fit Grit <i>Caitlin</i>	11:00a-11:55a GroupExRoom SilverSneakers <i>Lana</i>	5:25p-5:55p Fight Fit Grit <i>Caitlin</i>										
12:00p-12:45p GroupExRoom BodyPump Express <i>Carmen</i>	5:30p-6:25p GroupExRoom BodyPump <i>Emelia</i>	12:00p-12:45p GroupExRoom BodyPump Express <i>Emelia</i>	6:00p-6:55p Yoga Room Barre <i>Janette</i>										
5:30p Fight Fit BodyCombat <i>Daina</i>	6:00p-6:55p Fight Fit BodyCombat <i>Caitlin</i>	5:30p-6:30p Yoga Room Barre <i>Merissa</i>	6:00p-7:00p GroupExRoom BodyCombat <i>Caitlin</i>										
5:30p-6:00p Yoga Room Barre <i>Janine</i>	6:00p-6:55p Yoga Room Barre <i>Janette</i>	6:00p-6:50p Yoga Room Yoga <i>Jennifer</i>	6:30p-7:15p Cycle Room Cycle <i>Reid</i>										
6:00p-6:55p GroupExRoom BodyPump <i>Sally</i>	6:30p-7:15p Cycle Room Cycle <i>Reid</i>	6:00p-6:55p GroupExRoom BodyPump <i>Sally</i>	7:00p-7:50p Yoga Room Yoga <i>Whitney</i>										
6:00p-6:55p Yoga Room Yoga <i>Janine</i>	7:00p-7:50p Yoga Room Yoga <i>Whitney</i>	6:15p-7:00p Cycle Room Spin <i>Merissa</i>	7:00p-8:00p GroupExRoom Dance Revolution <i>Michelle</i>										
6:15p-7:00p Cycle Room Spin <i>Merissa</i>		7:00p-7:55p GroupExRoom Zumba <i>Rose M</i>											
7:15p-8:15p GroupExRoom Zumba <i>Rose M</i>													

ATCF SARASOTA | 941.210.3247

935 N Beneva Rd, SARASOTA, FL 34232