

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	Ride Express Cycle Room <i>Julia</i>	5:30a-6:30a	BodyPump GroupExRoom <i>Julia</i>	5:30a-6:15a	SoulRide Cycle Room <i>Julia</i>	5:30a-6:30a	BodyPump GroupExRoom <i>Sharon</i>	9:15a-10:15a	BodyPump GroupExRoom <i>Roseann</i>	8:00a-8:45a	Cycle Cycle Room <i>Roseann</i>	9:00a-9:50a	Pilates Core Yoga Room <i>Merissa</i>
9:15a-10:10a	Body Pump GroupExRoom <i>Roseann</i>	8:00a-8:45a	Cycle/HIIT Cycle Room <i>Roseann</i>	9:00a-9:55a	TaiChi Yoga Room <i>Mike</i>	8:10a-8:55a	Cycle/HIIT Cycle Room <i>Roseann</i>	9:00a-9:55a	TaiChi Yoga Room <i>Mike</i>	9:00a-10:00a	BodyPump GroupExRoom <i>Emelia</i>	10:00a-10:55a	Yoga Yoga Room <i>Lana</i>
9:00a-9:55a	Tai-Chi Yoga Room <i>Mike</i>	9:00a-10:00a	Barre/Yoga/Tone Yoga Room <i>Janine</i>	9:15a-10:00a	Body Pump GroupExRoom <i>Amber</i>	9:15a-10:00a	TX Core GroupExRoom <i>Roseann</i>	11:00a-11:55a	SilverSneakers GroupExRoom <i>Roseann</i>	10:00a-11:00a	BodyCombat GroupExRoom <i>Seanna</i>	10:15am-11:00am	Soul Ride Cycle Room <i>Merissa</i>
10:00a-11:00a	Barre Yoga Room <i>Janette</i>	9:15a-10:00a	TX Core GroupExRoom <i>Roseann</i>	10:00a-11:00a	Yoga Yoga Room <i>Janette</i>	11:00a-11:30a	SS Balance GroupExRoom <i>Roseann</i>			10:00a-11:00a	Kid's Yoga Yoga Room <i>Janette</i>		
11:00a-11:55a	SilverSneakers GroupExRoom <i>Roseann</i>	10:30a-11:30a	SS Yoga GroupExRoom <i>Lana</i>	11:00a-11:55a	SilverSneakers GroupExRoom <i>Lana</i>	12:00-1:00	Yoga Yoga Room <i>Jennifer</i>			11:00a-11:55a	Yogaflow Yoga Room <i>Janette</i>		
12:00p-12:45p	BodyPump Express GroupExRoom <i>Carmen</i>	11:30p-12:25p	SS Circuit GroupExRoom <i>Lana</i>	12:00p-12:45p	BodyPump Express GroupExRoom <i>Emelia</i>	5:30p-6:25p	BodyPump Express GroupExRoom <i>Emelia</i>						
6:00p-6:55p	BodyPump GroupExRoom <i>Sally</i>	5:25p-6:15p	Grit Fight Fit <i>Caitlin</i>	6:00p-6:50p	Yoga Yoga Room <i>Jennifer</i>	5:25p-5:55p	Grit Fight Fit <i>Caitlin</i>						
6:00p-6:55p	Yoga Yoga Room <i>Janine</i>	5:30p-6:25p	BodyPump GroupExRoom <i>Emelia</i>	6:00p-6:55p	BodyPump GroupExRoom <i>Sally</i>	6:00p-6:55p	Barre Yoga Room <i>Janette</i>						
6:15p-7:00p	Spin Cycle Room <i>Merissa</i>	6:00p-6:55p	BodyCombat Fight Fit <i>Caitlin</i>	6:15p-7:00p	Spin Cycle Room <i>Merissa</i>	6:00p-7:00p	BodyCombat GroupExRoom <i>Caitlin</i>						
7:15p-8:15p	Zumba GroupExRoom <i>Rose M</i>	6:00p-6:55p	Barre Yoga Room <i>Janette</i>	7:00p-7:55p	Zumba GroupExRoom <i>Rose M</i>	6:30p-7:15p	Cycle Cycle Room <i>Reid</i>						
		6:30p-7:15p	Cycle Cycle Room <i>Reid</i>			7:00-7:55	Yoga Yoga Room <i>Whitney</i>						
		7:00-7:55	Yoga Yoga Room <i>Whitney</i>										

ATCF SARASOTA | 941.210.3247

935 N Beneva Rd, SARASOTA, FL 34232