

Cape Coral

Fort Myers – Alico

Fort Myers – Boy Scout

Fort Myers – Six Mile

Port Charlotte

Sarasota

AROUND THE CLOCK FITNESS – SIX MILE FITNESS CLASSES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00a-6:45a Cycle Room Cycle 45 Caitlyn	8:00a-9:00a GroupExRoom Tracy's Mash Up Tracy	6:00a-6:45a Cycle Room Cycle 45 Donna	8:00a-9:00a GroupExRoom Sculpt Ivy	6:00a-6:45a Cycle Room Cycle 45 Ginger	8:00a-9:00a GroupExRoom Bosu Blast Jacqueline	8:00a-9:00a GroupExRoom Body Combat Karen
8:00a-9:00a GroupExRoom Bosu Blast Jacqueline	9:00a-10:00a GroupExRoom CSI Ronnee	8:00a-9:00a GroupExRoom Body Flow Karen	9:00a-10:00a GroupExRoom Step Ivy	8:00a-9:00a GroupExRoom Total Body Strength Candi/Rachel	8:00a-9:00a Cycle Room Cycle Kristin	9:00a-10:00a Cycle Room Soul Ride Susan
9:00a-10:00a GroupExRoom CORE Jacqueline	9:30a-10:30a Yoga Room CORE Jacqueline	9:00a-10:00a Cycle Room SOUL RIDE Susan	9:30a-10:30a Cycle Room Cycle Allyson	9:00a-10:00a Cycle Room Cycle Candi/Caitlin	9:00a-10:00a Cycle Room Cycle Shandra	9:00a-10:00a GroupExRoom Body Pump Karen
9:00a-10:00a Cycle Room Cycle Caitlin	9:30a-10:30a Cycle Room Cycle Ivy	9:00a-10:00a GroupExRoom StepForStrength Karen	10:00a-11:00a GroupExRoom Zumba Valentina	9:00a-10:00a GroupExRoom Zumba Monika	9:00a-10:00a GroupExRoom Butts&Gutts Kristen	10:00a-11:00a GroupExRoom Zumba Justin
10:00a-11:00a GroupExRoom Zumba Monika	10:00a-11:00a GroupExRoom Zumba Valentina	10:00a-11:00a GroupExRoom Body Pump Karen	10:30a-11:30a Yoga Room CORE Jacqueline	10:00a-11:00a GroupExRoom Body Combat Karen	10:00a-11:00a GroupExRoom Zumba Jacqueline	10:00a-11:00a Yoga Room Body Flow Karen
10:30a-11:30a Yoga Room Pilates Fusion Jacqueline	10:30a-11:30a Yoga Room De-stress Yoga Ronnee	11:00a-12:00p GroupExRoom Body Combat Karen	11:00a-12:00p GroupExRoom Zen-ergy Ivy	11:00a-12:00p GroupExRoom Body Pump Karen	10:00a-11:00a Yoga Room Body Flow Shandra	
12:00p-1:15p GroupExRoom Silver Sneakers Cynthia	12:00p-1:00p GroupExRoom Silver Sneaker Yoga Cynthia	12:00p-1:00p GroupExRoom Silver Sneakers Cynthia	12:00p-1:00p GroupExRoom BOOM Move & Strength Cynthia	12:00-12:45 Cycle Room Cycle 45 Karen	11:00a-12:00p Yoga Room Yoga Core Ronnee	
12:00p-12:45p Cycle Room Cycle 45 Ivy	5:30p-6:30p Cycle Room Cycle Edmund	12:00-12:45 Cycle Room Cycle 45 Karen	5:30p-6:30p GroupExRoom BOSU BLAST Jacqueline	12:00p-1:00p GroupExRoom Silver Sneakers Cynthia	1:00p-2:00p KIDS KARATE ADVANCE George	
4:30p-5:30p Yoga Room CORE Jacqueline	5:30p-6:30p GroupExRoom Zumba Jacqueline	4:30p-5:30p Yoga Room CORE Jacqueline	5:30p-6:30p Cycle Room Cycle Candi	6:30p-7:30p GroupExRoom Zumba Mirasol	2:00p-3:00p KIDS KARATE BEGINNERS George	
5:30p-6:30p Yoga Room Pilates Fusion Jacqueline	6:30p-7:30p GroupExRoom Power Sculpt Edmund	5:30p-6:30p GroupExRoom Total Body Strengt Candi	6:00p-7:00p KIDS KARATE BEGINNERS George			
5:30p-6:30p Cycle Room Soul Ride Susan	6:30p-7:30p Yoga Room Pilates Fusion Jacqueline	5:30p-6:30p Cycle Room Cycle Allyson	6:30p-7:30p GroupExRoom Zumba Quintaysia			
5:30p-6:30p GroupExRoom Step/Strength/Core Ronnee		6:00p-7:00p KIDS KARATE ADVANCE George				
6:30p-7:30p GroupExRoom Zumba Mirasol		6:30p-7:30p GroupExRoom Zumba Jacqueline				
6:30p-7:30p Yoga Room Yoga Flow Ronnee						

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