

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/Rchel		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 Rider Susan		9:30a-10:30a Cycle Room Cycle Allyson		9:00a-10:00a Cycle Room Cycle Candi/Rchel		9:00a-10:00a Cycle Room Cycle Shandra		9:00a-10:00a GroupExRoom Body Pump Karen	
9:00a-10:00a Cycle Room Cycle Caitlyn		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 Ingrid	
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 Bast Jacqueline		12:00p-1:00p GroupExRoom Silver Sneakers Cynthia		1:00p-2:00p BEGINNERS Kids Karate 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 ADVANCE Kids Karate 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 BEGINNERS Kids Karate 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 ADVANCE Kids Karate 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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