

Cape Coral

Fort Myers – Alico

Fort Myers – Boy Scout

Fort Myers – Six Mile

Port Charlotte

Sarasota

AROUND THE CLOCK FITNESS – CAPE CORAL

FITNESS CLASSES



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
5:00A-6:00A	CYCLE Cycle Room <i>CYNDI</i>	5:00A-6:00A	BODY PUMP GroupExRoom <i>RENEE G</i>	5:00A-6:00A	CYCLE Cycle Room <i>JEN</i>	5:00A-6:00A	BODY PUMP GroupExRoom <i>JEN</i>	8:00A-9:00A	YOGA GroupExRoom <i>JJ</i>	8:00A-9:00A	BODY COMBAT GroupExRoom <i>RENEE B</i>	9:00A-10:00P	CSI GroupExRoom <i>DONNA</i>
8:00A-9:00A	BODY PUMP GroupExRoom <i>KAREN</i>	7:00A-8:00A	CSI GroupExRoom <i>SCOTT</i>	8:00A-9:00A	LOW & SCULPT GroupExRoom <i>JJ</i>	7:00A-8:00A	CSI GroupExRoom <i>SCOTT</i>	9:00A-10:00A	BODY PUMP GroupExRoom <i>LORI</i>	9:00A-10:00A	BODY FLOW GroupExRoom <i>RENEE G</i>	10:00A-11:00A	ZUMBA GroupExRoom <i>KENIA</i>
9:00A-10:00A	STEP & SCULPT GroupExRoom <i>KAREN</i>	8:00A-9:00A	SILVER SNEAKERS GroupExRoom <i>SCOTT</i>	9:00A-10:00A	YOGA GroupExRoom <i>JJ</i>	8:00A-9:00A	SILVER SNEAKERS GroupExRoom <i>SCOTT</i>	9:00A-10:00A	CYCLE Cycle Room <i>GINA</i>	9:00A-10:00A	CYCLE Cycle Room <i>STACY</i>	10:00A-11:00A	CYCLE Cycle Room <i>STACY/IVY</i>
9:00A-10:00A	CYCLE Cycle Room <i>SUSI</i>	9:00A-10:00A	BARBELL STRENGTH GroupExRoom <i>SUSI</i>	10:00A-11:00A	CYCLE Cycle Room <i>CYNDI</i>	9:00A-10:00A	BODY PUMP GroupExRoom <i>PHILLY</i>	10:00A-11:00A	CYCLE Cycle Room <i>Lori</i>	10:00A-11:00A	ZUMBA GroupExRoom <i>SHANNON/LEANN</i>	2:00P-4:00P	KIDSKARATE GroupExRoom <i>GEORGE</i>
10:00A-11:00A	BODY COMBAT GroupExRoom <i>KAREN</i>	9:00A-10:00A	CYCLE Cycle Room <i>NIKKI</i>	10:00A-11:00A	BODY PUMP GroupExRoom <i>LORI</i>	9:00A-10:00A	CYCLE Cycle Room <i>Nikki</i>	10:00A-11:00A	KICK HIIT GroupExRoom <i>SUSI</i>	10:00A-11:00A	CYCLE Cycle Room <i>CYNDI</i>		
10:00A-11:00A	CYCLE Cycle Room <i>GINA</i>	10:00A-11:00A	CYCLE Cycle Room <i>SUSI</i>	11:00A-12:00P	ZUMBA GroupExRoom <i>LORI</i>	10:00A-11:00A	CYCLE Cycle Room <i>PHILLY</i>	11:00A-12:00P	CORE BALL GroupExRoom <i>SUSI</i>	11:00A-12:00P	POWER SCULPT GroupExRoom <i>SHANNON/LEANN</i>		
11:00A-12:00P	BODY FLOW GroupExRoom <i>KAREN</i>	10:00A-11:00A	BARRE-Lates GroupExRoom <i>JJ</i>	12:00P-1:00P	YOGALATES Cycle Room <i>DONNA</i>	10:00A-11:00A	TABATA GroupExRoom <i>SCOTT</i>	12:00P-1:00P	ZUMBA GroupExRoom <i>ANA</i>	4:00p-6:00p	KIDS KARATE GroupExRoom <i>GEORGE</i>		
12:00P-1:00P	ZUMBA GroupExRoom <i>ANA</i>	11:00A-12:00P	DANCE FUSION GroupExRoom <i>Lori</i>	3:30P-4:30P	OVERDRIVE Cycle Room <i>SCOTT</i>	11:00A-12:00P	ZUMBA GroupExRoom <i>ANA</i>	6:30P-7:30P	ZUMBA GroupExRoom <i>SHANNON</i>				
3:30P-4:30P	OVERDRIVE GroupExRoom <i>SCOTT</i>	12:00P-1:00P	POWER YOGA GroupExRoom <i>JJ</i>	4:30P-5:30P	BUTTS & GUTS GroupExRoom <i>SCOTT</i>	12:00P-1:00P	POWER YOGA GroupExRoom <i>JJ</i>						
4:30P-5:30P	TABATA GroupExRoom <i>SCOTT</i>	4:30P-5:30P	PUNCH & PUMP GroupExRoom <i>SCOTT</i>	5:30P-6:30P	BODY PUMP GroupExRoom <i>RENEE G</i>	4:30P-5:30P	Body Combat GroupExRoom <i>RENEE B</i>						
5:30P-6:30P	BODY PUMP GroupExRoom <i>OMAR</i>	5:30P-6:30P	CARDIO DANCE GroupExRoom <i>Lori</i>	6:30P-7:30P	ZUMBA GroupExRoom <i>SHANNON</i>	5:30P-6:30P	ZUMBA GroupExRoom <i>SHERRY</i>						
5:45P-6:00P	CYCLE EXPRESS Cycle Room <i>Mike</i>	6:30P-7:30P	BODY PUMP GroupExRoom <i>OMAR</i>	6:30P-7:30P	CYCLE Cycle Room <i>OMAR</i>	6:30P-7:30P	BODY PUMP GroupExRoom <i>RENEE B</i>						
6:30P-7:30P	BUTTS & GUTTS GroupExRoom <i>SUSI</i>	6:30P-7:30P	CYCLE Cycle Room <i>CYNDI</i>	7:30P-8:30P	BODY FLOW GroupExRoom <i>OMAR</i>	7:30P-8:30P	BODY COMBT GroupExRoom <i>OMAR</i>						
6:30P-7:30P	CYCLE Cycle Room <i>OMAR</i>	7:30P-8:30P	BODY COMBAT GroupExRoom <i>OMAR</i>										
7:30P-8:30P	ZUMBA GroupExRoom <i>KENIA</i>												

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