

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 Julia	5:30a-6:30a BodyPump GroupExRoom Julia	5:30a-6:15a SoulRide Cycle Room Julia	5:30a-6:30a BodyPump GroupExRoom Sharon	9:15a-10:15a BodyPump GroupExRoom Roseann	8:00a-8:45a Cycle Cycle Room Roseann	9:00a-9:50a Pilates Core Yoga Room Merissa
9:15a-10:10a Body Pump GroupExRoom Roseann	8:00a-8:45a Cycle/HIIT Cycle Room Roseann	9:00a-9:55a TaiChi Yoga Room Mike	8:10a-8:55a Cycle/HIIT Cycle Room Roseann	9:00a-9:55a TaiChi Yoga Room Mike	9:00a-10:00a BodyPump GroupExRoom Emelia	10:00a-10:55a Yoga Yoga Room Lana
9:00a-9:55a Tai-Chi Yoga Room Mike	9:00a-10:00a Barre/Yoga/Tone Yoga Room Janine	9:15a-10:00a Body Pump GroupExRoom Amber	9:15a-10:00a TX Core GroupExRoom Roseann	11:00a-11:55a SilverSneakers GroupExRoom Roseann	10:00a-11:00a BodyCombat GroupExRoom Seanna	10:15am-11:00am Soul Ride Cycle Room Merissa
10:15a-11:00a Boom GroupExRoom Janette	9:15a-10:00a TX Core GroupExRoom Roseann	10:15a-11:00a Boom GroupExRoom Lana	11:00a-11:30a SS Balance GroupExRoom Roseann		10:00a-11:00a Kid's Yoga Yoga Room Janette	
11:00a-11:55a SilverSneakers GroupExRoom Roseann	11:00p-12:00p SS Circuit GroupExRoom Lana	10:00a-11:00a Yoga Yoga Room Janette	12:00-1:00 Yoga Yoga Room Jennifer		11:00a-11:55a Yogaflow Yoga Room Janette	
12:00p-12:45p BodyPump Express GroupExRoom Carmen	5:25p-6:15p Grit Fight Fit Caitlin	11:00a-11:55a SilverSneakers GroupExRoom Lana	5:30p-6:25p BodyPump Express GroupExRoom Emelia			
6:00p-6:55p BodyPump GroupExRoom Sally	5:30p-6:25p BodyPump GroupExRoom Emelia	12:00p-12:45p BodyPump Express GroupExRoom Emelia	5:25p-5:55p Grit Fight Fit Caitlin			
6:00p-6:55p Yoga Yoga Room Janine	6:00p-6:55p BodyCombat Fight Fit Caitlin	6:00p-6:50p Yoga Yoga Room Jennifer	6:00p-6:55p Barre Yoga Room Janette			
6:15p-7:00p Spin Cycle Room Merissa	6:00p-6:55p Barre Yoga Room Janette	6:00p-6:55p BodyPump GroupExRoom Sally	6:00p-7:00p BodyCombat GroupExRoom Caitlin			
7:15p-8:155p Zumba GroupExRoom Rose M	6:30p-7:15p Cycle Cycle Room Reid	6:15p-7:00p Spin Cycle Room Merissa	6:30p-7:15p Cycle Cycle Room Reid			
	7:00-7:55 Yoga Yoga Room Whitney	7:00p-7:55p Zumba GroupExRoom Rose M	7:00-7:55 Yoga Yoga Room Whitney			

ATCF SARASOTA | 941.210.3247

935 N Beneva Rd, SARASOTA, FL 34232