

Cape Coral

Fort Myers – Alico

Fort Myers – Boy Scout

Fort Myers – Six Mile

Port Charlotte

Sarasota

## AROUND THE CLOCK FITNESS – BOY SCOUT

# FITNESS CLASSES



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00a-7:00a Cycle Room	<b>Total Ride</b> Steve	6:00a-7:00a GroupExRoom	<b>HITT Strength</b> Brigitte	6:00a-7:00a Cycle Room	<b>Total Ride</b> Dave	6:00a-6:45a Cycle Room	<b>Ride Express</b> Steve	6:00a-7:00a Cycle Room	<b>Total Ride</b> Dave	7:00a-7:45a GroupExRoom	<b>CSI</b> Steve	8:00a-9:30a Cycle Room	<b>Super Ride</b> Dave
8:00a-9:00a GroupExRoom	<b>BodyPump</b> Tracy	8:00a-9:00a GroupExRoom	<b>Kick N Crunch</b> Pam	8:00a-9:00a GroupExRoom	<b>Tabata</b> Pam	6:00a-7:00a GroupExRoom	<b>Body Pump</b> Staff	8:00a-9:00a GroupExRoom	<b>BodyPump</b> Tracy	8:00a-9:30a Cycle Room	<b>Super Ride</b> Steve	8:30a-9:30a Yoga Room	<b>Yoga</b> Staff
9:00a-10:00a Cycle Room	<b>Total Ride</b> Brigitte	9:00a-10:00a GroupExRoom	<b>CSI</b> Pam	9:00a-10:00a Cycle Room	<b>Total Ride</b> John	8:00a-9:00a GroupExRoom	<b>Kick N Crunch</b> Pam	9:00a-10:00a GroupExRoom	<b>Body Flow</b> Tracy	8:30a-9:30a GroupExRoom	<b>Step 2.0</b> Jada	10:00a-11:00a Yoga Room	<b>Yoga</b> Staff
9:00a-10:00a Yoga Room	<b>Mat Pilates</b> Tracy	9:00a-9:45a Cycle Room	<b>Ride Express</b> Brigitte	9:00a-10:00a Yoga Room	<b>Booty Barre</b> Emily	9:00a-10:00a GroupExRoom	<b>CSI</b> Pam	9:00a-10:00a Cycle Room	<b>Cycle</b> Brigitte	9:00a-10:15a Yoga Room	<b>Power Yoga</b> Richard		
9:00a-10:00a GroupExRoom	<b>Step</b> Pam	10:00a-11:00a Yoga Room	<b>Yoga Flow</b> Kelly	9:00a-10:00a GroupExRoom	<b>Power Step</b> Pam	9:00a-10:00a Cycle Room	<b>Cycle</b> Donna R	10:00a-11:00a Yoga Room	<b>Booty Barre</b> Emily	9:30a-10:30a GroupExRoom	<b>Burn</b> Jada		
10:00a-11:00a Yoga Room	<b>Yoga</b> Richard	10:00a-11:00a GroupExRoom	<b>SilverSneakers</b> Cynthia	10:00a-11:00a Yoga Room	<b>Yoga</b> Kelly	10:00a-11:00a GroupExRoom	<b>SilverSneakers</b> Tracy	11:00a-12:00p GroupExRoom	<b>SilverSneakers</b> Becky	10:45a-11:30a Yoga Room	<b>Yoga Rocks*</b> Allison		
10:00a-11:00a GroupExRoom	<b>Pure Muscle</b> Brigitte	11:00a-12:00p GroupExRoom	<b>LaBlast</b> Staff	10:00a-11:00a GroupExRoom	<b>Pure Muscle</b> Emily	10:00a-11:00a Yoga Room	<b>Functional Yoga</b> Richard	4:30p-5:45p Yoga Room	<b>Happy Hour Yoga</b> Danielle A	10:30a-11:30a GroupExRoom	<b>Zumba</b> Valentina		
11:00a-12:00p GroupExRoom	<b>SilverSneakers</b> Becky	4:30p-5:30p GroupExRoom	<b>BodyPump</b> Ginger	11:00a-12:00p GroupExRoom	<b>Zumba</b> Michelle	11:00a-12:00p GroupExRoom	<b>LaBlast</b> Staff	5:30p-6:30p GroupExRoom	<b>Zumba</b> Valentina				
12:00p-12:45p GroupExRoom	<b>BodyPump</b> Brigitte	4:30p-5:30p Yoga Room	<b>Pilates Barre</b> Tracy	12:00p-12:45p GroupExRoom	<b>BodyPump</b> Brigitte	4:30p-5:30p GroupExRoom	<b>Zumba</b> Ingrid	6:00p-7:00p Yoga Room	<b>Kids Karate</b> George				
4:30p-5:30p GroupExRoom	<b>Belly/Butt/Thigh</b> Brigitte	5:30p-6:30p GroupExRoom	<b>Step</b> Justin	4:45p-5:45p GroupExRoom	<b>Balls2theWall</b> Jada	4:30p-5:30p GroupExRoom	<b>Pilates Barre</b> Danielle A						
5:30p-6:30p Yoga Room	<b>Power Yoga</b> Edric	5:30p-6:30p Yoga Room	<b>Chill Yoga</b> Jamie	5:30p-6:30p Yoga Room	<b>Power Yoga</b> Daniella A	5:30p-6:30p GroupExRoom	<b>BodyPump</b> Brigitte						
5:30p-6:30p Cycle Room	<b>Cycle</b> Mary	5:30p-6:30p Cycle Room	<b>Total Ride</b> Erin	5:30p-6:30p Cycle Room	<b>Cycle</b> Mary	5:30p-6:30p Yoga Room	<b>Chill Yoga</b> Jamie						
5:30p-6:15p GroupExRoom	<b>Burn</b> Jada	6:30p-7:30p GroupExRoom	<b>Barbell Strength</b> Justin	5:30p-6:30p GroupExRoom	<b>Zumba Tone</b> Valentina	5:30p-6:30p Cycle Room	<b>Total Ride</b> Erin						
6:15p-7:00p GroupExRoom	<b>Step</b> Jada	7:30p-8:30p Yoga Room	<b>Kids Karate</b> George	6:30p-7:30p Yoga Room	<b>Yoga</b> George	6:30p-7:30p GroupExRoom	<b>Zumba</b> Valentina						
7:00p-8:00p GroupExRoom	<b>Zumba</b> Valentina	7:30p-8:30p GroupExRoom	<b>Zumba</b> Valentina	6:30p-7:30p GroupExRoom	<b>LA Blast</b> Valentina								
8:00p-8:45p GroupExRoom	<b>BYOB</b> Valentina												

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