

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

ATCF CAPE CORAL | 239.242.2348

1140 Ceitus Terrace, CAPE CORAL, FL 33991