

Cape Coral

Fort Myers – Alico

Fort Myers – Boy Scout

Fort Myers – Six Mile

Port Charlotte

Sarasota

## AROUND THE CLOCK FITNESS – PORT CHARLOTTE

# FITNESS CLASSES



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
8:00a-9:00a	BodyPump GroupExRoom Kelly	8:30a-9:30a	Pilates GroupExRoom Elaine	8:00a-9:00a	BodyPump GroupExRoom Kelly	8:00a-9:00a	BodyPump GroupExRoom Krysten	8:00a-9:00a	BodyPump GroupExRoom Kelly	8:30a-9:30a	Indoor Cycle Cycle Room Krysten	9:00a-10:00a	Indoor Cycle Cycle Room Heather
8:00a-9:00a	Indoor Cycle Cycle Room Krysten	9:30a-10:30a	BodyCombat GroupExRoom Krysten	9:15a-10:15a	Trampoline GroupExRoom Elaine	9:30a-10:30a	Zumba GroupExRoom Krysten	9:15a-10:15a	Body Step GroupExRoom Kelly	9:15a-10:15a	BodyPump GroupExRoom Christine	1:00p-2:00p	Zumba GroupExRoom Madison
9:15a-10:15a	Body Step GroupExRoom Kelly	9:30a-10:30a	Indoor Cycle Cycle Room Anissa	9:15a-10:15a	Indoor Cycle Cycle Room Kelly	9:30a-10:30a	Indoor Cycle Cycle Room John	9:15a-10:15a	Indoor Cycle Cycle Room Krysten	9:30a-10:30a	Indoor Cycle Cycle Room Krysten		
9:15a-10:15a	Indoor Cycle Cycle Room Krysten	10:30a-11:30a	SilverSneakers GroupExRoom Elaine	10:30a-11:30a	SilverSneakers GroupExRoom Elaine	10:30a-11:30a	SilverSneakers GroupExRoom Elaine	10:30a-11:30a	SilverSneakers GroupExRoom Elaine	10:30a-11:30a	Trampoline GroupExRoom Elaine		
10:30a-11:30a	SilverSneakers GroupExRoom Elaine	4:15p-5:15p	BodyCombat GroupExRoom Christine	1:30p-2:30p	Zumba GroupExRoom Gigi	4:15p-5:15p	BodyPump GroupExRoom Sara	11:30a-12:30p	Pilates GroupExRoom Elaine	11:30a-12:30p	Zumba GroupExRoom Rose		
1:30p-2:30p	Zumba GroupExRoom Gigi	4:30p-5:30p	Indoor Cycle Cycle Room Krysten	4:15p-5:15p	Body Step GroupExRoom Christine	5:30p-6:30p	Step GroupExRoom Erika	1:30p-2:30p	Zumba GroupExRoom Gigi	12:30a-1:30p	Zumba-Strong GroupExRoom Rose		
4:15p-5:15p	BodyPump GroupExRoom Christine	5:30p-6:30p	Indoor Cycle Cycle Room Krysten	5:30p-6:30p	BodyPump GroupExRoom Christine	5:30p-6:30p	Indoor Cycle Cycle Room Krysten						
5:30p-6:30p	CSI GroupExRoom Erika	5:30p-6:30p	Zumba GroupExRoom Rose	5:30p-6:30p	Indoor Cycle Cycle Room Anissa	6:30p-7:30p	BodyCombat GroupExRoom Christine						
5:30p-6:30p	Indoor Cycle Cycle Room Krysten	6:30p-7:30p	Yoga Flow GroupExRoom Melanie	6:30p-7:30p	Zumba GroupExRoom Krysten								
6:30p-7:30p	Zumba Glow GroupExRoom Madison												
7:30p-8:30p	Pilates/Yoga GroupExRoom Laurene												

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