

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

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