

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

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