

Cape Coral

Fort Myers – Alico

Fort Myers – Boy Scout

Fort Myers – Six Mile

Port Charlotte

Sarasota

AROUND THE CLOCK FITNESS – SIX MILE FITNESS CLASSES



| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | SUNDAY | |
|---|--|---|--|---|--|--|--|---|--|--|--|--|--|
| 6:00a-6:45a Cycle Room Cycle 45 Caitlin | | 6:00a-6:45a GroupExRoom Sculpt Caitlin | | 6:00a-6:45a Cycle Room Cycle 45 Donna | | 6am-6:45am GroupExRoom Total Sculpt Caitlin | | 6:00a-6:45a Cycle Room Cycle 45 Caitlin | | 8:00a-9:00a GroupExRoom TotalBody Strength Quintaysia | | 8:00a-9:00a GroupExRoom Body Combat Karen | |
| 8:00a-9:00a GroupExRoom Ultimate Fit Donni | | 8:00a-9:00a GroupExRoom Tracy's Mash Up Tracy | | 8:00a-9:00a GroupExRoom Body Flow Karen | | 8:00a-9:00a GroupExRoom Sculpt Ivy | | 8:00a-9:00a GroupExRoom BOSU Circuit Caitlin | | 8:00a-9:00a Cycle Room Cycle Kristin | | 9:00a-10:00a Cycle Room Cycle Susan | |
| 9:00a-10:00a GroupExRoom Active Core Donni | | 9:00a-10:00a GroupExRoom Barbell Plus Ronnee | | 9:00a-10:00a Cycle Room Cycle Caitlin | | 9:00a-10:00a GroupExRoom Step Ivy | | 9:00a-10:00a Cycle Room Cycle Caitlin | | 9:00a-10:00a Cycle Room Cycle Donni | | 9:00a-10:00a GroupExRoom Body Pump Karen | |
| 9:00a-10:00a Cycle Room Cycle Ivy | | 9:30a-10:30a Yoga Room Core Caitlin | | 9:00a-10:00a GroupExRoom StepForStrength Karen | | 9:30a-10:30a Cycle Room Cycle Allyson | | 9:00a-10:00a GroupExRoom Zumba Monika | | 9:00a-10:00a GroupExRoom Butts&Gutts Kristen | | 10:00a-11:00a GroupExRoom Zumba Iustin | |
| 10:00a-11:00a GroupExRoom Zumba Jessica | | 9:30a-10:30a Cycle Room Cycle Ivy | | 10:00a-11:00a Yoga Room Stretch & Flow Ivy | | 10:00a-11:00a GroupExRoom Zumba Valentina | | 10:00a-10:30a Yoga Room Stretch with TRX Ivy | | 10:00a-11:00a GroupExRoom Zumba Sabine | | 10:00a-11:00a Yoga Room Body Flow Karen | |
| 10:00a-11:00a Yoga Room Stretch & Flow Yvi | | 10:00a-11:00a GroupExRoom Zumba Valentina | | 10:00a-11:00a GroupExRoom Body Pump Karen | | 9:30a-10:30a Yoga Room Core Mary | | 10:00a-11:00a GroupExRoom Body Combat Karen | | 10:00a-11:00a Yoga Room TRX Donni | | | |
| 11:00a-12:00p Yoga Room Pilates Fusion Caitlin | | 10:30a-11:30a Yoga Room De-stress Yoga Ronnee | | 11:00a-12:00p Yoga Room Pilates Fusion Caitlin | | 10:30a-11:30a Yoga Room Intro to TRX (Seniors) Mary | | 11:00a-12:00p GroupExRoom Body Pump Karen | | 11:00a-12:00p GroupExRoom Body Pump Donni | | | |
| 11:00a-12:00p GroupExRoom Body Pump Donni | | 12:00p-1:00p GroupExRoom Silver Sneaker Yoga Cynthia | | 11:00a-12:00p GroupExRoom Body Combat Karen | | 11:00a-12:00p GroupExRoom Zen-ergy Ivy | | 12:00-12:45 Cycle Room Cycle 45 Karen | | 11:00a-12:00p Yoga Room Yoga Core Ronnee | | | |
| 12:00p-1:15p GroupExRoom Silver Sneakers Cynthia | | 5:30p-6:30p Cycle Room Cycle Edmund | | 12:00p-1:00p GroupExRoom Silver Sneakers Cynthia | | 5:30p-6:30p GroupExRoom Cardio Strength Caitlin | | 12:00p-1:00p GroupExRoom Silver Sneakers Cynthia | | 1:00p-2:00p Kids Karate BEGINNERS George | | | |
| 12:00p-12:45p Cycle Room Cycle 45 Ivy/Allyson | | 5:45p-6:30p GroupExRoom Pound Lori | | 12:00-12:45 Cycle Room Cycle 45 Karen | | 5:45p-6:45p Cycle Room Cycle Candi/Rachel | | 5:30p-6:30p GroupExRoom Body Pump Donni | | 2:00p-3:00p Kids Karate ADVANCE George | | | |
| 4:30p-5:30p Yoga Room Core Caitlin | | 6:30p-7:30p GroupExRoom Power Sculpt Edmund | | 4:30p-5:30p Yoga Room Core Caitlin | | 6:00p-7:00p BEGINNERS Kids Karate George | | 6:30p-7:30p GroupExRoom Zumba Mirasol | | | | | |
| 5:30p-6:30p Yoga Room Pilates Fusion Caitlin | | 6:30p-7:30p Yoga Room Total Body Quintaysia | | 5:30p-6:30p Cycle Room Cycle Allyson | | 6:30p-7:30p GroupExRoom Zumba Quintaysia | | | | | | | |
| 5:45p-6:45p Cycle Room Cycle Susan | | | | 5:30p-6:30p GroupExRoom Cardio Strength Caitlin | | 7:00p-7:30p Red Room Upper Body Blast Candi/Rachel | | | | | | | |
| 5:30p-6:30p GroupExRoom Barbell Plus Ronnee | | | | 6:00p-7:00p ADVANCE Kids Karate George | | | | | | | | | |
| 6:30p-7:30p GroupExRoom Zumba Mirasol | | | | 6:30p-7:30p GroupExRoom Zumba Sabine | | | | | | | | | |
| 6:30p-7:30p Yoga Room Yoga Flow Ronnee | | | | | | | | | | | | | |

ATCF SIX MILE | 239.768.9055

9375 6 Mile Cypress Pkwy #210, FORT MYERS, FL 33966