

Cape Coral

Fort Myers – Alico

Fort Myers – Boy Scout

Fort Myers – Six Mile

Port Charlotte

Sarasota

AROUND THE CLOCK FITNESS - ALICO

FITNESS CLASSES



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY						
6:00a-6:45a Cycle Room Cycle 45 <i>Ginger</i>	8:00a-9:00a GroupExRoom BodyCombat <i>Karen</i>	6:00a-6:45a Cycle Room Cycle 45 <i>Ginger</i>	8:00a-9:00a GroupExRoom BodyCombat <i>Karen</i>	6:00a-6:45a Cycle Room Cycle 45 <i>Ginger</i>	8:00a-9:00a GroupExRoom BodyCombat <i>Karen</i>	6:00a-6:45a Cycle Room Cycle 45 <i>TBA</i>	8:00a-8:45a Cycle Room Cycle 45 <i>Karen</i>	9:00a-10:00a Cycle Room Cycle <i>Erin</i>	8:00a-9:00a GroupExRoom BarbellStrength <i>Donna R.</i>	9:00a-10:00a GroupExRoom BodyPump <i>Karen</i>	8:00a-8:30a GroupExRoom TotalBodyExp. <i>Donna R.</i>	9:00a-10:00a GroupExRoom BodyPump <i>Karen</i>	8:00a-8:30a Cycle Room Cycle 30 <i>Karen</i>	9:00a-10:00a GroupExRoom Body Flow <i>Karen</i>	9:00a-10:00a GroupExRoom Step <i>Ginger</i>			
9:00a-9:45a Cycle Room Cycle 45 <i>Donna R.</i>	9:00a-9:45a Cycle Room Cycle 45 <i>Donna R.</i>	8:30a-9:00a GroupExRoom CoreN'More <i>Donna R.</i>	9:00a-10:00a Cycle Room Cycle <i>Caitlin</i>	9:00a-9:45a Cycle Room Cycle 45 <i>Donna R.</i>	8:30a-9:00a GroupExRoom CxWorx <i>Karen</i>	9:00a-10:00a Cycle Room Cycle <i>Debbie</i>	9:00a-10:00a Yoga Room Belly Dance <i>Vania</i>	9:00a-10:00a GroupExRoom Zumba <i>Ana</i>	10:00a-11:00a GroupExRoom Body Flow <i>Karen</i>	9:00a-10:00a GroupExRoom Zumba <i>Ana</i>	10:00a-11:00a GroupExRoom Body Flow <i>Karen</i>	9:00a-10:00a Yoga Room Yoga <i>Mary</i>	10:00a-10:30a GroupExRoom BodyCombat <i>Karen</i>	9:30a-10:30a Yoga Room Yoga <i>Edric</i>	11:00a-12:00p GroupExRoom SilverSneakers <i>Devon</i>	11:00a-12:00p GroupExRoom SilverSneakers <i>Devon</i>	9:00a-10:00a Cycle Room Cycle <i>Debbie</i>	10:30a-11:00a GroupExRoom BodyPump <i>Karen</i>
10:00a-10:30a GroupExRoom BodySculptExp. <i>Donna R.</i>	11:00a-11:45a Cycle Room Cycle 45 <i>Karen</i>	9:30a-10:30a Yoga Room Yoga <i>Edric</i>	11:00a-11:45a Cycle Room Cycle 45 <i>Karen</i>	4:30p-5:30p Group Ex Room Total Body <i>Kari</i>	12:00p-12:30p GroupExRoom CxWorx <i>Karen</i>	10:00a-11:00a GroupExRoom Forever Fit <i>Krista</i>	12:00p-12:30p GroupExRoom CxWorx <i>Karen</i>	10:00a-11:00a GroupExRoom SilverSneakers <i>Donna R.</i>	5:30p-6:30p GroupExRoom Zumba STRONG <i>Stacy</i>	4:30p-5:00p GroupExRoom Burn <i>Devon</i>	11:00a-12:00a GroupExRoom Zumba Gold <i>Ana</i>	4:30p-5:30p GroupExRoom BodyPump <i>Ginger</i>	10:00a-11:00a Yoga Room Barre <i>Vania</i>	6:00p-7:00p Cycle Room Cycle <i>Donna F.</i>	5:30p-6:30p GroupExRoom BodyCombat <i>Gosia</i>	4:30p-5:30p GroupExRoom Punch & Pump <i>Matt</i>	5:30p-6:30p GroupExRoom Tabata <i>Ginger</i>	11:00a-11:30a GroupExRoom Core Flexibility <i>Vania</i>
6:00p-7:00p Yoga Room Belly Dance <i>Joceline/Vania</i>	6:00p-7:00p Cycle Room Cycle <i>Jackie</i>	6:30p-7:30p GroupExRoom Pound <i>Lori</i>	6:30p-7:30p GroupExRoom Kick Boxing <i>Patrick</i>	6:30p-7:30p GroupExRoom Zumba Step <i>Stacy</i>	6:00p-7:00p Yoga Room Yoga <i>Edric</i>	5:30p-6:30p Yoga Room Barre <i>Vania</i>	6:00p-7:00p Cycle Room Cycle <i>Jackie</i>	5:00p-6:00p YogaRoom FREE KidsTKO <i>5-8YearOlds</i>	7:00p-8:00p Yoga Room Body Flow <i>Ginger</i>	6:30p-7:30p GroupExRoom BootCamp Circuit <i>Gosia</i>	5:30p-6:30p GroupExRoom LABlast <i>Linette</i>	6:30p-7:30p Yoga Room Yoga <i>Ginger</i>	4:30p-5:30p GroupExRoom Punch & Pump <i>Matt</i>	6:00p-7:00p GroupExRoom Zumba <i>Laurelle</i>	6:00p-7:00p GroupExRoom Zumba <i>Laurelle</i>			
		6:00p-7:00p Cycle Room Cycle <i>Erin</i>						6:00p-7:00p Yoga Room FREE KidsTKO <i>9Years^</i>										

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