

Cape Coral

Fort Myers – Alico

Fort Myers – Boy Scout

Fort Myers – Six Mile

Port Charlotte

Sarasota

AROUND THE CLOCK FITNESS – SARASOTA

FITNESS CLASSES



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
5:30a-6:15a	Ride Express Cycle Room <i>Julia</i>	5:30a-6:30a	BodyPump GroupExRoom <i>Julia</i>	5:30a-6:15a	SoulRide Cycle Room <i>Julia</i>	5:30a-6:30a	BodyPump GroupExRoom <i>Sharon</i>	8:00a-8:55a	Spin Cycle Room <i>Daniel</i>	8:00a-8:45a	Cycle Cycle Room <i>Daniel</i>	9:00a-9:45a	Body Attack GroupExRoom <i>Emily</i>
9:00a-9:45a	Body Pump GroupExRoom <i>Sabrina</i>	9:30a-10:15a	Tabata GroupExRoom <i>Emelia</i>	9:00a-9:55a	TaiChi Yoga Room <i>Mike</i>	9:30a-10:15a	Tabata GroupExRoom <i>Emelia</i>	9:00a-9:55a	TaiChi Yoga Room <i>Mike</i>	9:00a-10:00a	BodyPump GroupExRoom <i>Emelia</i>	10:00a-10:55a	Yoga Yoga Room <i>Lana</i>
9:00a-10:00a	Cycling Cycle Room <i>Janette</i>	11:00p-12:00p	SS Circuit GroupExRoom <i>Lana</i>	9:00a-9:55a	Body Pump GroupExRoom <i>Amber</i>	12:00p-12:45p	ilver Sneaker Balance GroupExRoom <i>Svitlana</i>	10:00a-11:00a	Dance Trance GroupExRoom <i>Courtney</i>	10:00a-10:45a	Tabata GroupExRoom <i>Emelia</i>	10:15am-11:00am	Cycling Cycle Room <i>Whitney</i>
9:00a-9:55a	Tai-Chi Yoga Room <i>Mike</i>	5:45p-6:15p	Grit Fight Fit <i>Caitlin</i>	10:00a-10:55a	Dance Trance GroupExRoom <i>Courtney</i>	5:30p-6:25p	BodyPump GroupExRoom <i>Emelia</i>	11:00a-11:55a	SilverSneakers GroupExRoom <i>Courtney</i>	10:00a-11:00a	Kid's Yoga Yoga Room <i>Whitney</i>	10:00a-11:00a	DanceTranceDB GroupExRoom <i>DT Team</i>
10:00a-11:00a	Yoga Yoga Room <i>Janette</i>	5:30p-6:25p	BodyPump GroupExRoom <i>Emelia</i>	10:00a-11:00a	Yoga Mind Body <i>Janette</i>	5:45p-6:15p	Grit Fight Fit <i>Caitlin</i>	5:30p-6:30p	Dance Trance GroupExRoom <i>Joey</i>	11:00a-12:00p	Yogaflow Yoga Room <i>Whitney</i>	11:00a-12:00a	Dance Trance GroupExRoom <i>DT Team</i>
10:00a-10:55a	Dance Trance Studio 1 <i>Courtney</i>	6:25p-6:55p	CX Works GroupExRoom <i>Caitlin</i>	11:00a-12:00p	Barre Yoga Room <i>Janette</i>	6:00p-6:55p	Barre Yoga Room <i>Whitney</i>			11:00a-12:00a	Dance Trance GroupExRoom <i>Candace</i>		
11:00a-11:55a	SilverSneakers GroupExRoom <i>Carmen</i>	6:00p-6:55p	Barre Yoga Room <i>Whitney</i>	11:00a-11:55a	SilverSneakers GroupExRoom <i>Lana</i>	6:25p-6:55p	CX Works GroupExRoom <i>Caitlin</i>						
12:00p-12:45p	BodyPump Express GroupExRoom <i>Carmen</i>	7:00-7:55	Yoga Yoga Room <i>Whitney</i>	12:00p-1:00p	BodyPump Studio 1 <i>Emelia</i>	7:00p-7:55p	Spin Cycle Room <i>Daniel</i>						
5:30p-6:30p	Dance Trance Yoga Room <i>Sandra</i>			6:00p-6:55p	Dance Trance Yoga Room <i>Melanie</i>	7:00p-8:00p	Yoga Yoga Room <i>Whitney</i>						
6:15p-7:00p	Cycle Cycle Room <i>Daniel</i>			6:00p-6:55p	BodyPump GroupExRoom <i>Sally</i>								
6:00p-7:00p	Body Pump GroupExRoom <i>Emily</i>			7:00p-7:55p	Yoga Yoga Room <i>Whitney</i>								
7:00p-8:00p	Zumba GroupExRoom <i>Rose M</i>			7:00p-8:00p	Zumba GroupExRoom <i>Rose M</i>								

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