

GROUP X 1 SCHEDULE

Winter 2020

Club Hours
Monday-Friday 5:30am-9:00pm
Saturday 8:00am-8:00pm
Sunday 12pm-8:00pm

Nursery Hours
Monday-Friday 9am-1pm & 4pm-8pm
Saturday 8am -1pm
Sunday 12:30pm-5:30pm



Please go to www.clarksvilleathleticclub.com for class descriptions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kickboxing Rouge 9:00 a.m.	Muscle Factory 9:00 a.m.	Body Rock 9:00 a.m.	Cardio Strength 9:00 a.m.	Strength Training 9:00 a.m.	Cardio Kickboxing 9:00 a.m	
Pilates Core Plus 10:00 a.m.	Zumba 10:00 a.m.	Yoga 10:00 a.m.	Zumba 10:00 a.m.	Yoga Stretch 10:00 a.m.	Bottoms Up 10:00am-10:30 am	
Zumba 11:00 a.m.	Pilates Core Plus 11:00 a.m.	Zumba 11:00 a.m.	Bottoms Up 11:00am-11:30am	Zumba 11:00a.m.	Dance Fit 11:00 a.m	
						Boot Camp 1:00 p.m.
						Ab Session 1:50 p.m.
						Zumba 2:15 p.m.
Body Rock 6:00p.m.	Muscle Factory 6:00 p.m.	Strength Training 6:00 p.m.	HIIT The Ground Running 6:00 PM			
Turn Up 7:00 p.m.	Turn Up 7:00 p.m.	Turn Up 7:00 p.m.	Turn Up 7:00 p.m.			

Effective Nov 18, 2020

~Any class that does not have at least 5 members will not be taught for that hour. If low numbers continue then the class(es) will be modified or removed from the schedule~