

# GROUP X 1 SCHEDULE

Summer 2021

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

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



\*Please go to [www.clarksvilleathleticclub.com](http://www.clarksvilleathleticclub.com) for class descriptions\*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Kickboxing 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.	Kickboxing Rouge 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	
Turn Up 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.	Turn Up 11:00 a.m.	
						Boot Camp 1:00 p.m.
						Ab Session 2:00 p.m.
						Zumba 2:15 p.m.
Insanity 6:00p.m.	Muscle Factory 6:00 p.m.	Strength Training 6:00 p.m.	HIIT Functional Room 6:00pm	Strength Training 6:00pm		
Turn Up 7:00 p.m.	Zumba 7:00 p.m.	Turn Up 7:00 p.m.	Zumba 7:00 p.m.			

Effective April 26, 2021

~Any class that has less than 5 members will not be taught . If low numbers continue then the class(es) will be modified or removed from the schedule~