

GROUP X 1 SCHEDULE

Spring 2023

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

Nursery Hours
 Monday-Friday 9:00am-1:00pm
 Monday-Friday 4:00pm-8:00pm
 Saturday 8:00am-1:00pm



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Kickboxing 9:00 a.m.	Fit Forever 9:00 a.m.	Body Rock 9:00 a.m.	Fit Forever 9:00 a.m.	Strength Training 9:00 a.m.	Kickboxing 9:00 a.m.	
Pilates Core Plus 10:00 AM	Muscle factory 10:00 a.m.	Yoga 10:00 a.m.	Cardio Strength 10:00 a.m.	Yoga Stretch 10:00 a.m.		
Zumba 11:00 a.m.	Zumba 11:00 a.m.	Zumba 11:00 a.m.	Zumba 11:00 a.m.	Zumba 11:00a.m.		
						Boot Camp 1:00 p.m.
						Zumba 2:00 p.m.
Strength Training 6:00p.m.	Strength Training 6:00 p.m.	Strength Training 6:00 p.m.				
Turn Up 7:00 p.m.	Zumba 7:00 p.m.	Turn up 7:00 p.m.				

Effective March 20, 2023

~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~