

**AROUND THE CLOCK FITNESS****GROUP EXERCISE SCHEDULE****CAPE CORAL, FL****STUDIO #2****239-242-BFIT (2348)**

| MONDAY                         | TUESDAY                        | WEDNESDAY                     | THURSDAY                                    | FRIDAY                        | SATURDAY                     | SUNDAY                           |
|--------------------------------|--------------------------------|-------------------------------|---|-------------------------------|------------------------------|----------------------------------|
| 5-5:45AM<br>CYCLE<br>BONNIE    |                                | 5-5:45AM<br>CYCLE<br>JENN     |   | 5-5:45AM<br>CYCLE<br>CONNIE   |                              |                                  |
|                                |                                |                               |   |                               |                              |                                  |
| 8:00-9AM<br>CYCLE<br>DANNY     |                                | 8:00-9AM<br>CYCLE<br>TERESA   |   | 8:00-9AM<br>CYCLE<br>JENN     |                              |                                  |
| 9:00-10AM<br>CYCLE<br>PAM      | 9:00-10AM<br>CYCLE<br>DANNY    | 9:00-10AM<br>CYCLE<br>JERRY   | 9:00-10AM<br>CYCLE<br>DANNY                 | 9:00-10AM<br>CYCLE<br>KIM     | 9:00-10AM<br>CYCLE<br>BECKY  |                                  |
| 10:00-11AM<br>CYCLE<br>DANNY   | 10:00-11AM<br>CYCLE<br>BONNIE  | 10:00-11AM<br>CYCLE<br>PAM    | 10:00-11AM<br>CYCLE<br>HEIDI                | 10:00-11AM<br>CYCLE<br>VAL    | 10:00-11AM<br>CYCLE<br>PAM   | 10:00-11AM<br>CYCLE<br>DANNY/PAM |
|                                |                                |                               |   |                               | 11:00-12PM<br>CYCLE<br>HEIDI | 11:00-12PM<br>CYCLE<br>DANNY/PAM |
|                                | 4:30-5:30PM<br>CYCLE<br>BONNIE |                               |   |                               |                              |                                  |
| 5:00-6:00PM<br>CYCLE<br>BONNIE |                                | 5:00-6:00PM<br>CYCLE<br>DANNY |   |                               |                              |                                  |
|                                | 5:30-6:30PM<br>CYCLE<br>GINA   |                               | 5:30-6:45PM<br>ENDURANCE<br>CYCLE<br>BONNIE | 5:30-6:30PM<br>CYCLE<br>HEIDI |                              |                                  |
| 6:00-7PM<br>CYCLE<br>HEIDI     |                                | 6:00-7PM<br>CYCLE<br>HEIDI    |   |                               |                              |                                  |
| 7:00-8PM<br>CYCLE<br>HEIDI     | 7:00-8PM<br>CYCLE<br>HEIDI     | 7:00-8PM<br>CYCLE<br>HEIDI    | 7:00-8PM<br>CYCLE<br>HEIDI                  |                               |                              | eff. 1-2-10                      |

Club reserves the right to edit, cancel, and/or change any class times, descriptions, etc it deems necessary without notice. We apologize for any inconvenience this may cause. If you are unsure of the status of any class please check with the Club prior to attending the class or check our website ([www.myaroundtheclockfitness.com](http://www.myaroundtheclockfitness.com)) for updates and other information.

Please be aware of our Club "check-in" policy for classes.

**ALL CLASSES MUST HAVE 3 PEOPLE MINIMUM.**

Please note that all cycle classes are "multi-level" in terms of fitness levels & abilities. If you are new, please alert instructor for assistance.