

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am - TFW Hurricane (T) 5:30am - G Force (2) 5:30am - Group Centergy (1)	5:30am - Group Power (1) 5:30am - Zone Training (T)	5:30am - G Force (2) 5:30am - TFW Strength (T)	5:30am - Group Power (1) 5:30am - Zone Training (T)	5:30am - Group Ride (2) 5:45am - BC30 (T)		
8:00am - Group Power (1) 8:30am - R30 (2) 8:30am - Zone Training (T) 9:00am - Group Core (1) 9:30am - TFW Strength (T) 9:30am - Aqua Fit (AQ) 9:35am - Group Power (1) 10:40am - Healthy Lifestyle (T) 10:40am - Yoga (1)	8:30am - Group Active (1) 8:30am - CT4Kids (TN) 9:00am - BC30 (T) 9:15am - Free Swing (TN) 9:30am - Zone Training (T) 9:30am - Group Ride (2) 9:35am - Recovery Yoga (3) 9:35am - Group Blast (1) 10:40am - Group Centergy (1)	8:00am - Group Power (1) 8:00am - Pilates (3) 8:30am - R30 (2) 9:00am - Group Core (1) 9:30am - Aqua Fit (AQ) 9:30am - TFW Hurricane (T) 9:30am - Zumba (3) 9:35am - Group Power (1) 10:40am - Healthy Lifestyle (T) 10:40am - Yoga (1)	8:30am - Group Active (1) 9:00am - BC30 (T) 9:30am - Healthy Lifestyle (T) 9:30am - Group Ride (2) 9:35am - Recovery Yoga (3) 9:35am - Group Fight (1) 10:40am - Group Centergy (1)	8:00am - Group Power (1) 8:30am - R30 (2) 8:30am - Zone Training (T) 9:00am - Group Core (1) 9:30am - TFW Hurricane (T) 9:30am - Aqua Fit (AQ) 9:35am - Group Blast (1) 10:40am - Yoga (1) 10:40am - Healthy Lifestyle (T)	8:00am - Group Core (1) 8:00am - Zone Training (T) 8:30am - Group Power (1) 8:30am - Pilates (3) 9:00am - TFW Strength (T) 9:30am - Group Ride (2) 9:30am - Aqua Fit (AQ) 9:35am - Group Fight (1) 9:35am - Zumba (3) 10:40am - Group Centergy (1)	10:15am - R30 (2) 10:50am - Group Core (1)
11:45am - Group Blast (1) 12:00pm - Group Ride (2) 12:00pm - TFW Hurricane (T)	11:45am - Group Power (1) 12:00pm - Zone Training (T) 12:00pm - R30 (2) 12:30pm - Group Core (3)	11:45am - Group Blast (1) 12:00pm - TFW Strength (T) 12:00pm - Group Ride (2)	11:45am - Group Power (1) 12:00pm - Zone Training (T) 1:00pm - Kid Fit & Fun (T)	12:00pm - Group Ride (2) 12:00pm - TFW Strength (T)		
4:30pm - Group Active (1) 4:30pm - Zone Training (T) 5:30pm - Zumba (1) 5:30pm - Group Blast (3) 5:30pm - Group Ride (2) 6:00pm - TFW Hurricane (T) 6:35pm - Group Power (1) 6:35pm - Yoga (3)	4:30pm - Group Centergy (1) 5:30pm - BC30 (T) 5:30pm - R30 (2) 5:40pm - Group Fight (3) 6:00pm - Group Core (1) 6:00pm - TFW Strength (T)	4:30pm - Group Active (1) 4:30pm - Zone Training (T) 5:30pm - Pilates (3) 5:30pm - Group Blast (1) 6:00pm - TFW Hurricane (T) 6:35pm - Group Power (1)	4:30pm - Group Centergy (3) 5:30pm - R30 (2) 6:00pm - Group Core (1)	5:30pm - Group Power (1)		3:00pm - Group Power (1) 3:30pm - R30 (2) 4:05pm - Yoga (1)

**CLASS LOCATION KEY**

Group Exercise Studio #1 = (1)      Aquatics = (AQ)  
 Group Exercise Studio #2 = (2)      Tennis Court = (TN)  
 Group Exercise Studio #3 = (3)      Turf = (T)

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Regular Classes = 55 mins | BC30, Group Core & R30 = 30 mins  
 G-Force = 75 mins | Free Swing, & CT4Kids = 45 mins  
 Please visit [MVPsportsClubs.com](http://MVPsportsClubs.com) for exact class end times!