

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:25am - R30 (3)	6:00am - TFW Hurricane (FF)	5:25am - R30 (3)	6:00am - Group Core (1)	5:25am - R30 (3)	8:30am - Group Ride (3)	
6:00am - Group Power (1)	6:30am - R30 (3)	6:00am - Group Power (1)	6:00am - TFW Hurricane (FF)	6:00am - Yoga (2)	9:30am - Zone Training (FF)	
6:00am - Zone Training (FF)		6:00am - Zone Training (FF)	6:30am - R30 (3)	6:00am - Zone Training (FF)	9:30am - Yoga (2)	
11:30am - R30 (3)	11:30am - Group Core (1)	11:30am - R30 (3)	11:30am - Group Core (1)	12:00pm - R30 (3)		
12:00pm - Group Ride (3)	12:00pm - Group Blast (1)	12:00pm - Group Ride (3)	12:00pm - Group Ride (3)	12:00pm - Zone Training (FF)		
12:00pm - Group Power (1)	12:00pm - Group Ride (3)	12:00pm - Group Power (1)	12:00pm - TFW Hurricane (FF)	12:00pm - Group Blast (1)		
12:00pm - Zone Training (FF)	12:00pm - TFW Hurricane (FF)	12:00pm - TFW Strength (FF)	12:00pm - Yoga (2)	12:00pm - Yoga (2)		3:30pm - R30 (3)
12:00pm - Yoga (2)	12:00pm - Yoga (2)	12:00pm - Yoga (2)				
5:35pm - TFW Strength (FF)	5:15pm - R30 (3)	5:15pm - Group Core (2)	5:15pm - R30 (3)			
5:35pm - Yoga (2)	5:35pm - Zone Training (FF)	5:35pm - Yoga (2)	5:35pm - Zone Training (FF)			
5:45pm - R30 (3)	5:45pm - Power30 (1)	5:35pm - TFW Hurricane (FF)				
	6:35 pm - Yoga (3)	5:45pm - R30 (3)				

**CLASS LOCATION KEY**  
 Group Exercise Studio #1 = (1)    Group Exercise Studio #3 = (3)  
 Group Exercise Studio #2 = (2)    3rd Floor Fitness Area = (FF)

---

Regular Classes = 55 minutes  
 GroupCore, R30, Power30 = 30 minutes  
 Please visit [MVPSportsClubs.com](http://MVPSportsClubs.com) for exact class end times!