

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am - Group Core (2) 5:45am - Group Power (2) 6:00am - Group Ride (3)	5:30am - Group Blast (2) 5:45am - TFW Hurricane (BB) 6:00am - Group Ride (3) 6:00am - Yoga (1)	5:15am - Group Core (2) 5:45am - Group Power (2) 6:00am - TFW Strength (T) 6:00am - Group Ride (3)	5:30am - Group Blast (2) 5:45am - TFW Hurricane (BB) 6:00am - Group Ride (3) 6:00am - Yoga (1)	5:45am - Group Power (2) 6:00am - Group Ride (3)		
8:00am - R30 (3) 8:15am - Healthy Lifestyle (BB) 8:30am - Group Core (2) 9:00am - Aqua Fit (LP) 9:00am - Group Centergy (1) 9:05am - Group Power (2) 9:05am - Group Ride (3) 9:30am - TFW Hurricane (BB) 10:05am - Yoga (1) 10:10am - Group Blast (2) 10:10am - R30 (3)	8:00am - Group Active (2) 8:00am - Back Splash (TP) 9:00am - Pilates (1) 9:00am - Deep Water Fit (LP) 9:05am - Group Fight (2) 9:30am - R30 (3) 10:05am - Yoga (1) 10:10am - Group Power (2)	8:15am - Healthy Lifestyle (BB) 8:30am - Group Core (2) 9:00am - Aqua Fit (LP) 9:05am - Group Power (2) 9:05am - Group Ride (3) 9:30am - TFW Hurricane (BB) 10:05am - Yoga (1) 10:10am - Group Blast (2) 10:10am - R30 (3)	8:00am - Group Active (2) 8:00am - Back Splash (TP) 9:00am - Pilates (1) 9:00am - Deep Water Fit (LP) 9:05am - Group Fight (2) 9:30am - R30 (3) 10:05am - Yoga (1) 10:10am - Group Power (2)	8:15am - Healthy Lifestyle (BB) 8:30am - Group Core (2) 9:00am - Aqua Fit (LP) 9:05am - Group Power (2) 9:05am - Group Ride (3) 9:30am - TFW Hurricane (BB) 10:05am - Yoga (1) 10:10am - Group Blast (2) 10:10am - R30 (3)	8:05am - Group Ride (3) 8:05am - Group Blast (2) 8:30am - TFW Hurricane (BB) 9:05am - R30 (3) 9:05am - Pilates (1) 9:05am - Group Power (2) 10:10am - Group Fight (2) 10:15am - Yoga (1)	9:35am - Group Ride (3) 10:05am - Group Centergy (2) 11:10am - Group Fight (2)
11:05am - Back Splash (TP) 11:10am - Group Active (2) 12:05pm - Group Ride (3) 12:15pm - Group Power (2)	11:00am - Free Swing (TC) 11:05am - Back Splash (TP) 11:10am - Recovery Yoga (1) 11:10am - Zumba (2) 12:00pm - TFW Strength (T) 12:05pm - R30 (3) 12:15pm - Group Active (2)	11:05am - Back Splash (TP) 11:10am - Group Active (2) 12:05pm - Group Ride (3) 12:15pm - Group Power (2)	11:05am - Back Splash (TP) 11:10am - Zumba (2) 12:00pm - TFW Strength (T) 12:05pm - R30 (3) 12:45pm - Group Core (2)	11:05am - Back Splash (TP) 11:10am - Recovery Yoga (1) 11:10am - Group Active (2) 12:15pm - Group Power (2)	11:15am - Group Active (2) 12:15pm - Zumba (2)	12:15pm - Group Power (2)
4:30pm - Group Active (2) 5:35pm - Yoga (1) 5:35pm - Group Ride (3) 5:35pm - Group Core (2) 6:10pm - Group Power (2)	4:30pm - Group Blast (2) 5:30pm - R30 (3) 5:35pm - Group Fight (2) 5:35pm - Yoga (1) 6:05pm - Group Ride (3) 6:05pm - TFW Strength (T)	4:30pm - Group Active (2) 5:35pm - Group Core (2) 5:35pm - Group Ride (3) 5:35pm - Group Centergy (1) 6:10pm - Group Power (2)	4:30pm - Group Blast (2) 5:35pm - Group Fight (2) 5:35pm - Group Ride (3) 5:35pm - Yoga (1) 6:05pm - TFW Strength (T) 6:35pm - Group Power (2)	4:30pm - Group Core (2) 5:15pm - Group Power (2)		4:00pm - Recovery Yoga (1)

**CLASS LOCATION KEY**

Group Exercise Studio #1 = (1)      Lap Pool = (LP)  
 Group Exercise Studio #2 = (2)      Tennis Courts = (TC)  
 Cycling Studio #3 = (3)      Basketball Court #1 = (BB)  
 Therapy Pool = (TP)      Turf = (T)

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Group Core & R30 = 30 minutes | Free Swing = 45 minutes  
 Regular Classes = 55 minutes  
 Please visit [MVPSportsClubs.com](http://MVPSportsClubs.com) for exact class end times!