

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am - Group Power (1) 6:00am - Zone Training (SP) 6:30am - Group Ride (3)	6:00am - Yoga (2) 6:00am - TFW Hurricane (SP) 7:05am - Zone Training (SP)	5:30am - Group Power (1) 6:00am - TFW Strength (WR) 6:30am - Group Ride (3)	6:00am - Yoga (2) 6:00am - TFW Hurricane (SP) 7:05am - Zone Training (SP)	5:30am - Group Power (1) 6:00am - TFW Strength (WR) 6:30am - Group Ride (3)		
8:10am - Group Power (1) 9:00am - Zone Training (SP) 9:15am - Group Active (1) 9:30am - Group Blast (2) 9:30am - Aqua Fit (AQ) 10:05am - TFW Hurricane (SP) 10:30am - Core Flex (1) 10:30am - Group Core (2) 11:00am - Group Groove (2) 11:00am - Group Ride (3) 11:00am - Aquatic Wellness (AQ)	8:45am - Group Core (1) 9:15am - Group Active (1) 9:30am - Group Ride (3) 10:00am - TFW Hurricane (SP) 10:35am - Yoga (2) 11:05am - Healthy Lifestyle (SP)	9:00am - Zone Training (SP) 9:15am - Group Power (1) 9:30am - Group Blast (2) 9:30am - Aqua Fit (AQ) 10:30am - Group Active (1) 10:40am - Recovery Yoga (2) 11:00am - Group Ride (3) 11:00am - Aquatic Wellness (AQ)	8:45am - Group Core (1) 9:15am - Group Active (1) 9:30am - Group Fight (2) 10:00am - TFW Hurricane (SP) 10:20am - Group Power (1) 10:40am - Yoga (2) 11:05am - Healthy Lifestyle (SP)	8:30am - Group Ride (3) 9:00am - Group Active (2) 9:15am - Group Power (1) 9:30am - Aqua Fit (AQ) 10:05am - TFW Hurricane (SP) 10:05am - Group Core (2) 10:30am - Core Flex (1) 10:35am - Zumba (2) 11:00am - Aquatic Wellness (AQ)	8:30am - Group Core (1) 9:00am - Group Blast (1) 9:00am - Group Active (2) 9:00am - TFW Hurricane (SP) 9:00am - Cardio Tennis (TN) 9:30am - R30 (3) 10:00am - Deep Water Fit (AQ) 10:05am - Group Fight (1) 10:05am - Group Groove (2) 10:05am - Zone Training (SP) 10:10am - Group Ride (3) 11:10am - Group Power (1) 11:15am - Yoga (2) 11:15am - Kid Fit & Fun (SP)	9:00am - Group Power (1) 10:00am - Group Ride (3) 10:05am - Group Fight (1) 10:30am - TFW Hurricane (SP) 11:15am - Yoga (2)
12:00pm - Group Power (1) 12:00pm - Yoga (2) 12:00pm - TFW Hurricane (SP) 12:00pm - Deep Water Fit (AQ) 1:00pm - Aquatic Wellness (AQ)	12:00pm - Group Active (1) 12:00pm - Yoga (2) 12:00pm - Group Ride (3) 12:00pm - TFW Strength (WR)	12:00pm - Group Power (1) 12:00pm - Yoga (2) 12:00pm - TFW Hurricane (SP) 12:00pm - Deep Water Fit (AQ) 2:00pm - Aquatic Wellness (AQ)	12:00pm - Recovery Yoga (2) 12:00pm - Group Ride (3) 12:00pm - TFW Strength (WR)	12:00pm - Deep Water Fit (AQ) 12:00pm - Group Power (1) 12:00pm - Yoga (2) 12:00pm - TFW Hurricane (SP) 12:15pm - R30 (3) 1:00pm - Aquatic Wellness (AQ)		
4:55pm - Group Core (1) 5:30pm - Group Power (1) 5:30pm - Group Active (2) 5:30pm - Group Ride (3) 6:00pm - Zone Training (SP) 6:30pm - Cardio Tennis (TN) 6:35pm - Group Fight (1) 6:35pm - Yoga (2) 6:40pm - R30 (3) 7:40pm - Zumba (1)	4:25pm - Group Fight (1) 4:30pm - Kid Fit & Fun (SP) 5:30pm - Zumba (1) 5:30pm - Group Active (2) 5:30pm - Group Core (SP) 6:00pm - R30 (3) 6:00pm - TFW Hurricane (SP) 6:30pm - Cardio Tennis (TN) 6:35pm - Group Blast (1) 6:35pm - Yoga (2) 6:40pm - Group Ride (3)	4:55pm - Group Core (1) 5:30pm - Group Power (1) 5:30pm - Group Groove (2) 5:30pm - Group Ride (3) 5:45pm - Healthy Lifestyle (SP) 6:00pm - TFW Strength (WR) 6:35pm - Group Fight (1) 6:35pm - Yoga (2)	4:25pm - Group Power (1) 5:30pm - Group Blast (1) 5:30pm - Yoga (2) 5:30pm - Group Core (SP) 6:00pm - R30 (3) 6:00pm - TFW Hurricane (SP) 6:30pm - Cardio Tennis (TN) 6:35pm - Zumba (1) 6:35pm - Group Active (2)	5:00pm - Group Blast (1) 6:00pm - Yoga (2) 6:05pm - Group Power (1)		3:30pm - Group Power (1) 4:35pm - Group Blast (1) 4:45pm - Yoga (2)

CLASS LOCATION KEY

Group Exercise Studio #1 = (1) Tennis = (TN)
 Group Exercise Studio #2 = (2) Sports Performance Turf = (SP)
 Group Ride Studio #3 = (3) Sports Performance Weight Room = (WR)
 Aquatics = (AQ)

Regular Classes = 55 minutes | Healthy Lifestyle = 45 mins
 Group Core and R30 = 30 minutes
 Please visit RDVsportsplex.com for exact class end times!