

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:05am - Zone Training (4)	5:25am - R30 (1)	5:25am - Group Core (2)	5:25am - R30 (1)	5:25am - R30 (1)		
5:25am - Group Core (2)	5:30am - Group Fight (2)	6:00am - Group Ride (1)	5:30am - Group Blast (2)	5:30am - Zone Training (4)		
6:00am - Group Ride (1)	6:00am - TFW Strength (4)	6:00am - Group Power (2)	6:00am - TFW Strength (4)	6:00am - Group Power (2)		
6:00am - Group Power (2)	6:00am - Yoga (3)	6:00am - TFW Hurricane (4)	6:00am - Yoga (3)			
6:00am - TFW Hurricane (4)	7:00am - Zone Training (4)	7:00am - R30 (1)	7:00am - Zone Training (4)		7:05am - Zone Training (4)	
8:00am - Group Active (3)	8:30am - R30 (1)	8:40am - Group Core (2)	8:30am - R30 (1)	8:40am - Group Core (2)	7:30am - Group Core (2)	8:30am - R30 (1)
8:40am - Group Core (2)	9:00am - TFW Hurricane (2)	9:00am - Yoga (3)	9:00am - TFW Hurricane (4)	9:00am - Yoga (3)	8:05am - Group Ride (1)	9:05am - Group Power (2)
9:00am - Pilates (3)	9:00am - Group Blast (2)	9:15am - Group Ride (1)	9:00am - Group Blast (2)	9:15am - Zone Training (4)	8:05am - Group Power (2)	9:05am - Yoga (3)
9:15am - Group Ride (1)	9:05am - Group Ride (1)	9:15am - Zone Training (4)	9:05am - Group Ride (1)	9:15am - Group Power (2)	8:10am - Zone Training (4)	
9:15am - Zone Training (4)	9:05am - Group Core (2)	9:15am - Group Power (2)	9:05am - Group Core (3)	9:15am - Group Ride (1)	9:05am - R30 (1)	
9:15am - Group Power (2)	9:35am - Group Centergy (3)	10:00am - Pilates (3)	9:35am - Group Centergy (3)	10:00am - Pilates (3)	9:05am - Group Fight (2)	
10:00am - Yoga (3)	10:05am - Group Power (2)	10:15am - Group Active (2)	10:05am - Group Power (2)	10:15am - Group Fight (2)	9:05am - Yoga (3)	
10:15am - R30 (1)	11:00am - Free Swing (TC)				9:15am - TFW Hurricane (4)	
10:15am - Group Fight (2)					10:05am - Group Blast (2)	
11:15am - Zumba (2)					10:15am - Group Centergy (3)	
					11:05am - Zumba (2)	
12:00pm - Yoga (3)	12:00pm - R30 (1)	12:15pm - Group Power (2)	12:00pm - R30 (1)	12:00pm - Recovery Yoga (3)		
12:15pm - Group Power (2)	12:00pm - Healthy Lifestyle (3)		12:00pm - Healthy Lifestyle (3)	12:15pm - Group Power (2)		
4:30pm - R30 (1)	4:10pm - Zone Training (4)	5:10pm - Group Core (2)	5:10pm - R30 (1)	3:00pm - CT4Kids (TC)		4:00pm - TFW Strength (4)
5:10pm - Group Core (2)	5:10pm - R30 (1)	5:40pm - Group Active (3)	5:40pm - Group Power (2)	4:30pm - R30 (1)		4:00pm - Group Fight (2)
5:40pm - Group Active (3)	5:40pm - Group Power (2)	5:45pm - Zone Training (4)	5:45pm - Yoga (3)	5:10pm - Group Power (2)		4:00pm - Group Ride (1)
5:45pm - R30 (1)	5:45pm - Group Centergy (3)	5:45pm - R30 (1)	5:45pm - TFW Hurricane (4)			5:00pm - Yoga (3)
5:45pm - Zone Training (4)	5:45pm - TFW Hurricane (4)	6:15pm - Group Fight (2)	6:40pm - Zumba (2)			
6:15pm - Group Fight (2)	6:40pm - Zumba (2)	7:00pm - Yoga (3)				
7:00pm - Yoga (3)						

**CLASS LOCATION KEY**  
 Basketball Court = (BB)      Group Exercise Studio #3 = (3)  
 Cycling Studio #1 = (1)      Turf = (4)  
 Group Exercise Studio #2 = (2)      Tennis Courts = (TC)

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Regular Classes = 55 minutes | Group Core & R30 = 30 mins  
 Free Swing and Cardio Tennis 4 Kids = 45 mins  
 Please visit [MVPSportsClubs.com](http://MVPSportsClubs.com) for exact class end times!