

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:25am - R30 (3)	6:00am - Yoga (2)	5:25am - R30 (3)	6:00am - Group Core (1)	5:25am - R30 (3)	8:30am - R30 (3)	
6:00am - Group Power (1)	6:00am - TFW Hurricane (FF)	6:00am - Group Power (1)	6:00am - TFW Hurricane (FF)	6:00am - Yoga (2)	9:05am - Group Ride (3)	
6:00am - Zone Training (FF)	6:30am - R30 (3)	6:00am - Zone Training (FF)	6:30am - R30 (3)	6:00am - Zone Training (FF)	9:30am - Zone Training (FF)	
					10:00am - Yoga (2)	
11:30am - R30 (3)	12:00pm - Group Ride (3)	11:30am - R30 (3)	12:00pm - Group Ride (3)	12:00pm - R30 (3)		
12:00pm - Group Ride (3)	12:00pm - Group Core (1)	12:00pm - Group Ride (3)	12:00pm - Group Core (1)	12:00pm - Zone Training (FF)		
12:00pm - Group Power (1)	12:00pm - TFW Hurricane (FF)	12:00pm - Group Power (1)	12:00pm - TFW Hurricane (FF)	12:00pm - Group Blast (1)		
12:00pm - Zone Training (FF)	12:00pm - Yoga (2)	12:00pm - TFW Strength (FF)	12:00pm - Yoga (2)			
12:00pm - Yoga (2)		12:00pm - Group Centergy (2)				
5:35pm - Group Blast (1)	5:10pm - R30 (3)	5:15pm - Group Core (1)	5:10pm - R30 (3)			4:00pm - Yoga (2)
5:35pm - TFW Strength (FF)	5:35pm - Zone Training (FF)	5:35pm - TFW Strength (FF)	5:35pm - TFW Hurricane (FF)			
5:35pm - Yoga (2)	5:45pm - Power30 (1)	5:35pm - Yoga (2)	5:45pm - Power30 (1)			
5:45pm - R30 (3)		5:45pm - R30 (3)				

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

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