

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:05am - Group Ride (2) 5:10am - Zone Training (9) 5:30am - Group Fight (1) 6:05am - Group Core (4) 7:05am - Aqua Fit (10)	5:05am - Group Power (4) 5:05am - TFW Hurricane (9) 5:05am - Yoga (1) 5:30am - Group Ride (2)	5:05am - Group Blast (1) 5:05am - G Force (2) 5:30am - BC30 (9) 7:05am - Aqua Fit (10)	5:05am - Group Power (4) 5:10am - Zone Training (9) 6:05am - R30 (2)	5:05am - Group Ride (2) 5:05am - Yoga (1) 6:05am - BC30 (9) 7:05am - Aqua Fit (10)		
8:05am - Just Balance (1) 8:45am - Zone Training (9) 9:05am - Yoga (1) 9:05am - Group Ride (2) 9:05am - Group Power (4) 10:05am - Zumba (1) 10:05am - Group Centergy (4) 10:30am - Free Swing (7)	8:00am - Healthy Lifestyle (6) 8:35am - Group Core (4) 9:05am - Group Active (1) 9:05am - Group Fight (4) 9:05am - TFW Hurricane (9) 9:15am - R30 (2) 10:05am - Pilates (1)	7:45am - Recovery Yoga (4) 8:35am - BC30 (9) 9:05am - Group Blast (1) 9:05am - Group Power (4) 9:30am - R30 (2) 10:05am - Zumba (1) 10:05am - Yoga (4) 10:05am - TFW Strength (9)	8:00am - Healthy Lifestyle (6) 8:35am - Group Core (4) 9:05am - Group Active (1) 9:05am - Group Fight (4) 9:05am - TFW Hurricane (9) 9:15am - R30 (2) 10:05am - Group Centergy (1)	7:45am - Recovery Yoga (4) 8:05am - Pilates (1) 8:05am - R30 (2) 8:45am - Zone Training (9) 9:05am - Group Fight (1) 9:05am - Group Ride (2) 9:05am - Group Power (4) 10:05am - Group Groove (1) 10:05am - Yoga (4)	7:05am - Group Blast (4) 7:05am - Group Ride (2) 8:00am - Zone Training (9) 8:05am - R30 (2) 8:05am - Group Fight (4) 8:35am - Group Core (1) 9:05am - Group Centergy (1) 9:05am - Group Power (4) 9:05am - TFW Hurricane (9) 10:05am - Zumba (1) 10:05am - Recovery Yoga (4) 11:05am - BC30 (9) 11:35am - Yoga (1)	8:30am - R30 (2) 9:05am - Yoga (1) 9:05am - Group Power (4)
11:05am - Recovery Yoga (4) 11:05am - Back Splash (5) 12:05pm - R30 (2) 12:05pm - Aqua Fit (10)	11:05am - Aqua Fit (10) 12:05pm - Back Splash (5) 12:05pm - Zone Training (9)	11:05am - Back Splash (5) 11:05am - Just Balance (1) 12:05pm - Aqua Fit (10) 12:05pm - R30 (2)	11:05am - Aqua Fit (10) 12:05pm - Back Splash (5) 12:05pm - Zone Training (9)	11:05am - Recovery Yoga (4) 11:05am - Back Splash (5) 12:05pm - R30 (2) 12:05pm - Aqua Fit (10)		
4:30pm - Group Active (1) 5:00pm - R30 (2) 5:35pm - Group Power (4) 5:35pm - Group Ride (2) 5:35pm - BC 30 (9) 6:35pm - Zone Training (9) 6:35pm - Group Fight (1) 6:35pm - Group Centergy (4)	5:15pm - Kid Fit & Fun (9) 5:30pm - R30 (2) 5:30pm - Recovery Yoga (4) 6:00pm - Swim Fit (10) 6:05pm - Group Core (1) 6:35pm - TFW Hurricane (9) 6:35pm - Group Power (4) 6:35pm - Group Groove (1)	4:30pm - Group Active (1) 5:00pm - R30 (2) 5:35pm - Group Power (4) 6:00pm - CT4Kids (7) 6:00pm - Zone Training (9) 6:35pm - Group Fight (4) 6:35pm - Yoga (1)	5:30pm - R30 (2) 5:35pm - Group Centergy (4) 6:05pm - Group Core (1) 6:05pm - Aqua Fit (10) 6:35pm - Group Blast (1) 6:35pm - TFW Hurricane (9)	5:35pm - Yoga (1)		3:05pm - Group Ride (2) 4:00pm - CT4Kids (7) 4:05pm - Group Fight (1) 4:05pm - TFW Strength (9) 5:05pm - Group Centergy (4)

CLASS LOCATION KEY
 Group Exercise Studio #1 = (1)
 Group Exercise Studio #2 = (2)
 Group Exercise Studio #4 = (4)
 Therapy Pool = (5)
 Basketball Court = (6)
 Tennis Court = (7)
 Conference Room = (8)
 Sports Performance Turf = (9)
 Lap Pool = (10)

Regular Classes = 55 minutes • Group Core & R30 = 30 mins
 Please visit MVPsportsClubs.com for exact class end times!