

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

**CLASS LOCATION KEY**

Group Exercise Studio #1 = (1)  
 Group Exercise Studio #2 = (2)  
 Group Ride Studio #3 = (3)  
 Aquatics = (AQ)

Tennis = (TN)  
 Sports Performance Turf = (SP)  
 Sports Performance Weight Room = (WR)

Regular Classes = 55 minutes | Healthy Lifestyle = 45 mins  
 Group Core and R30 = 30 minutes  
 Please visit [RDVsportsplex.com](http://RDVsportsplex.com) for exact class end times!