

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am - Group Power (2) 6:00am - Zone Training (4) 7:30am - Zone Training (4) 7:30am - Group Active (2) 7:45am - Group Ride (1) 7:45am - Group Centergy (3)	5:45am - R30 (1) 6:20am - Group Core (2) 7:30am - TFW Hurricane (4) 7:45am - Group Blast (2) 7:45am - Yoga (3) 7:45am - Group Ride (1)	5:45am - Group Power (2) 7:30am - Zone Training (4) 7:30am - Group Active (2) 7:45am - Group Ride (1) 7:45am - Group Centergy (3)	5:45am - R30 (1) 6:20am - Group Core (2) 7:30am - TFW Hurricane (4) 7:45am - Group Blast (2) 7:45am - Yoga (3) 7:45am - Group Ride (1)	5:45am - Group Power (2) 7:30am - Zone Training (4) 7:30am - Group Active (2) 7:45am - Group Ride (1) 7:45am - Group Centergy (3)		
8:45am - Group Active (2) 9:00am - Group Ride (1) 9:00am - Yoga (3) 10:00am - Group Power (2) 10:15am - Zumba (3) 10:15am - R30 (1) 10:30am - Healthy Lifestyle (4)	9:00am - Group Ride (1) 9:00am - Group Power (2) 9:00am - Pilates (3) 9:15am - Healthy Lifestyle (4) 10:15am - R30 (1) 10:15am - Group Fight (2) 10:15am - Yoga (3) 10:30am - Zone Training (4)	8:45am - Group Active (2) 9:00am - Group Ride (1) 9:00am - TFW Hurricane (4) 9:00am - Yoga (3) 10:00am - Group Power (2) 10:15am - R30 (1) 10:15am - Zumba (3) 10:30am - Healthy Lifestyle (4)	9:00am - Group Ride (1) 9:00am - Group Power (2) 9:00am - Pilates (3) 9:15am - Healthy Lifestyle (4) 10:15am - R30 (1) 10:15am - Group Fight (2) 10:15am - Yoga (3) 10:30am - Zone Training (4)	8:45am - Group Active (2) 9:00am - Group Ride (1) 9:00am - Yoga (3) 10:00am - Group Power (2) 10:15am - Zumba (3) 10:30am - Healthy Lifestyle (4)	8:00am - Yoga (3) 9:00am - Group Ride (1) 9:00am - Group Power (2) 9:15am - Zone Training (4) 9:15am - Zumba (3) 10:15am - R30 (1) 10:15am - Group Fight (2) 10:30am - TFW Hurricane (4) 10:30am - Yoga (3) 11:30am - Group Active (2) 11:45am - Healthy Lifestyle (4)	8:45am - Yoga (3) 9:00am - Group Blast (2) 10:00am - Yoga (3) 10:15am - Group Power (2) 10:45am - R30 (1) 11:30am - Group Centergy (3) 11:30am - Group Core (2) 12:15pm - R30 (1) 12:15pm - Zumba (2) 1:15pm - Yoga (3)
11:15am - Group Core (2) 11:30am - Just Balance (3) 11:45am - TFW Hurricane (4) 12:00pm - R30 (1) 12:30pm - Pilates (3) 1:35pm - Yoga (3) 2:00pm - Healthy Lifestyle (4)	11:30am - Group Active (2) 11:30am - Zumba (3) 12:45pm - Yoga (3) 2:00pm - Just Balance (3)	11:15am - Group Core (2) 11:30am - Just Balance (3) 12:00pm - R30 (1) 12:30pm - Pilates (3) 1:35pm - Yoga (3) 2:00pm - Healthy Lifestyle (4)	11:30am - Group Active (2) 11:30am - Zumba (3) 12:45pm - Yoga (3) 2:00pm - Just Balance (3)	11:15am - Group Core (2) 11:30am - Just Balance (3) 12:00pm - R30 (1) 1:00pm - Yoga (3) 2:00pm - Healthy Lifestyle (4)		
5:30pm - R30 (1) 5:30pm - Group Power (2) 6:05pm - Yoga (3)	5:30pm - Group Core (2) 5:45pm - Group Centergy (3) 6:05pm - R30 (1)	5:30pm - R30 (1) 5:30pm - Group Power (2)	5:30pm - Group Core (2) 6:05pm - R30 (1)			

**Class Location Key**  
Group Exercise Studio #1 - Cycling Studio (1)  
Group Exercise Studio #2 - Studio (2)  
Group Exercise Studio #3 - Mind/Body Studio (3)  
Group Exercise Studio #4 - Turf (4)

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