

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

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

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