

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

6:00am - Group Power (1)
6:30am - Group Ride (R)

6:00am - Yoga (Y)

6:00am - Group Power (1)
6:30am - Group Ride (R)

6:00am - Yoga (Y)
6:00am - TFW Hurricane (T)

6:00am - Group Power (1)
6:30am - Group Ride (R)

9:00am - Group Active (1)
9:30am - Group Blast (2)
9:30am - Aqua Fit (AQ)
10:30am - Core Flex (Y)

9:00am - Group Active (1)
10:30am - Yoga (Y)

9:00am - Group Power (1)
10:30am - Recovery Yoga (Y)

9:00am - Group Active (1)
10:30am - Yoga (Y)

9:00am - Group Power (1)
9:15am - Group Ride (R)
9:30am - Aqua Fit (AQ)
10:30am - Zumba (2)

8:45am - Group Active (1)
9:00am - Group Blast (2)
9:15am - R30 (R)
9:15am - Cardio Tennis (TN)
10:15am - Group Ride (R)
10:15am - Group Power (1)
10:30am - Group Groove (2)
11:00am - Yoga (Y)

9:00am - Group Power (1)
10:00am - Group Ride (R)
11:00am - Yoga (Y)

12:00pm - Group Power (1)
12:00pm - Yoga (Y)
12:00pm - Deep Water Fit (AQ)

11:45am - Group Ride (R)
12:00pm - TFW Hurricane (T)

11:00am - Group Ride (R)
12:00pm - Yoga (Y)
12:00pm - Group Power (1)

11:45am - Group Ride (R)
12:00pm - TFW Hurricane (T)

12:00pm - Yoga (Y)
12:00pm - Group Power (1)
12:00pm - Deep Water Fit (AQ)

5:15pm - Group Core (2)
5:30pm - Group Ride (R)
5:45pm - Group Power (1)
6:00pm - Yoga (Y)
6:30pm - Group Fight (2)
6:30pm - Cardio Tennis (TN)

5:30pm - Yoga (Y)
5:45pm - Group Active (1)
6:00pm - TFW Hurricane (T)
6:15pm - R30 (R)
6:30pm - Group Blast (2)

4:45pm - Group Core (1)
5:30pm - Group Ride (R)
5:45pm - Group Power (1)
6:00pm - Zumba (2)

5:30pm - Yoga (Y)
5:45pm - Group Active (1)
6:15pm - R30 (R)

6:00pm - Group Power (1)
6:00pm - Yoga (Y)

3:30pm - Group Power (1)
4:45pm - Yoga (Y)

CLASS LOCATION KEY

Studio 1 = (1)
Studio 2 = (2)
Mind/Body Studio = (Y)

Ride Studio = (R)
Class Turf = (T)
Tennis = (TN)
Aquatics = (AQ)

Regular Classes = 55 minutes
Group Core & R30 = 30 minutes

Please visit RDVsportsplex.com for exact class end times!

