CLARKSVILLE ATHLETIC CLUB 2010 FALL SCHEDULE

GROUP EXERCISE SCHEDULE

Club Hours **Monday-Friday 5:30am-10:00pm**
Saturday 9:00am-8:00pm
Sunday 12noon-8:00pm

Nursery Hours **Monday-Friday 8am-2pm & 4pm-8pm**
Saturday 9am - 1pm
Sunday 1pm-5pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Effective August 16, 2010					**Intro To Kickboxing First Sunday of every month.**
Boot Camp 9:00 a.m.	Intro to Kickboxing 8:30 a.m. Instructional	Cardio Fusion 9:00 a.m.	Cardio Kickboxing 9:00 a.m.			
Simply Step 10:00 a.m.	Cardio Kickboxing 9:00 a.m.	Ab Session 9:45 a.m.	Hips, Abs & Thighs 9:45 a.m.	Step 9:00 a.m.	Step 9:30 a.m.	
Pilates 10:45 a.m.	Ab Session 10:00 a.m.	Strength Training 10:00 a.m.	Zumba 10:15 a.m.	Ab Session 9:45 a.m.	Ab Session 10:15 a.m.	
	Pure Strength 10:15 a.m.	Stretch to the Max 11:00 a.m.	Belly-Dancing 11:15 a.m.	Yoga 10:00 a.m.	Yoga 10:30 a.m.	Cardio Kickboxing 1:00 p.m.
		KRAV MAGA Self Defense 11:30 a.m.		KRAV MAGA Self Defense 11:00 a.m.	Zumba 11:30 a.m.	Pilates 2:00 p.m.
	Strength Training 4:00 p.m.		Belly-Dancing 4:15 p.m.			Intro to Step 3:00 p.m.
Zumba 4:00 p.m.	Ab Session 4:45 p.m.	KRAV MAGA Self Defense	Zumba 5:00 p.m.	Kids Club Workout 5:00 p.m.		
Strength Training 5:00 p.m.	Cardio-Kickboxing 5:00 p.m.	Boot Camp 5:00 p.m.	Step and Strength 6:00 p.m.			
Dance Fit 6:00 p.m.	Step 6:00 p.m.	Zumba 6:00 p.m.				
Pilates 7:00p.m.	Yoga 7:00 p.m.	Yogalates 7:00				