

CLARKSVILLE ATHLETIC CLUB 2010 WINTER/SPRING 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
Cardio Pump 5:30 a.m.		Boot Camp 5:30 a.m.				Intro To Kickboxing 12:30pm-1:00pm 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.	Ab Session 10:00 a.m.	Step 9:00 a.m.	Step 9:30 a.m.	
Hips abs and Thighs 10:45 a.m.	Kick and Punch 9:45 a.m.	Strength Training 10:00 a.m.	Belly-Dancing 10:15 a.m.	Ab Session 9:45 a.m.	Ab Session 10:15 a.m.	
	Pilates 10:15 a.m.		Zumba 11:00 a.m.	Pure Strength 10:00 a.m.	Yoga 10:30 a.m.	Cardio Kickboxing 1:00 p.m.
					Latin Dance Fitness 11:15 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.		Zumba 5:00 p.m.			
Strength Training 5:00 p.m.	Cardio-Kickboxing 5:00 p.m.	Boot Camp 5:00 p.m.	Ab Session 5:45 p.m.			
Video Fit 6:00 p.m.	Step 6:00 p.m.	Zumba 6:00 p.m.	Cardio Pump 6:00 p.m.			
Pilates 7:00p.m.	Yoga 7:00 p.m.	Yogalates 7:00	Yoga 7:00 p.m.			