

CLARKSVILLE ATHLETIC CLUB 2012 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
Zumba 5:30 a.m.		Zumba 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 9:00 a.m. Instructional	Strength Training 9:00 a.m.	Step Basics 8:45 a.m.	Strength Training 8:30 a.m.	Intro to Step 9:00 a.m.	
Step 10:00 a.m.	Cardio Kickboxing 9:30 a.m.	Yoga 10:00 a.m.	Cardio Kickboxing 9:30 a.m.	Step 9:30 a.m.	Step 9:30 a.m.	
Pilates Core Training 10:45 a.m.	Hips, Abs, & Thighs 10:30 a.m.	Zumba 11:15 a.m.	Pilates Core Training 10:30 a.m.	Ab Session 10:15 a.m.	Ab Session 10:15 a.m.	
	Upper Body 11:00 a.m.	Self Defense KRAV MAGA 12:30 p.m.		Yoga 10:30 a.m.	Yoga 10:30 a.m.	Cardio Kickboxing 1:00 p.m.
	Zumba 11:30 p.m.			Self Defense KRAV MAGA 11:30 p.m.	Zumba 11:30 a.m.	Ab Session 2:00 p.m.
Zumba 4:00 p.m.	Strength Training 4:00 p.m.	Zumba 4:00 p.m.	Strength Training 4:00 p.m.		Zumba 2:00 p.m.	Zumba 2:15 p.m.
Step 5:00 p.m.	Ab Session 4:45 p.m.	Boot Camp 5:00 p.m.	Zumba 5:00 p.m.	Kids Club Workout 5:00 p.m.	Belly Dancing 4:00 p.m.	
Ab Sesson 5:45 p.m.	Cardio-Kickboxing 5:00 p.m.	Zumba 6:00 p.m.	Step and Strength 6:00 p.m.	Zumba 6:00 p.m.	KRAV MAGA Basic and Advanced 6:30 p.m.	KRAV MAGA Basic and Advanced 6:30 p.m.
Strength Training 6:00 p.m.	Step 6:00 p.m.	Yogalates 7:00 p.m.	Zumba 7:00 p.m.			
Pilates Core Training 7:00p.m.	Yoga 6:45 p.m.					
Effective January 12, 2012						