

GROUP X 1 SCHEDULE

Fall/Winter 2019

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

Nursery Hours
Monday-Friday 8am-8pm
Saturday 8am - 4pm
Sunday 12:30pm-5:30pm



Please go to www.clarksvilleathleticclub.com for class descriptions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba 5:30 a.m.		Zumba 5:30 a.m.		Zumba 5:30 a.m.		
Cardio Kickboxing 9:00 a.m.	Boot Camp 9:00 a.m.	Fitness Fusion 9:00 a.m.	Tabata H.I.I.T. 9:00 a.m.	Strength Training 9:00 a.m.	Cardio Kickboxing 9:00 a.m.	
			Tabata H.I.I.T. 9:30 a.m.			
Pilates 10:00 a.m.	Zumba 10:00 a.m.	Yoga 10:00 a.m.	Zumba 10:00 a.m.	Yoga 10:00 a.m.	Strength Training 10:00 a.m.	
Zumba 11:00 a.m.	Pilates 11:00 a.m.	Zumba 11:00 a.m.	Pilates 11:00 a.m.	Zumba 11:00a.m.	Zumba 11:00 a.m.	
						Boot Camp 1:00 p.m.
						Ab Session 2:00 p.m.
						Zumba 2:15 p.m.
H.I.I.T. Bootcamp 5:00 p.m.	Zumba 5:00 p.m.	Zumba 5:00 p.m.	Strength Training 5:00 p.m.	Bootcamp 5:30p.m.		
Pilates 6:00p.m.	Strength Training 6:00 p.m.	Fitness Fusion 6:00 p.m.	Yoga 6:00 p.m.	Zumba 6:30p.m.		
Dance Fit 7:00 p.m.	Zumba 7:00 p.m.	Zumba 7:00 p.m.	Zumba 7:00 p.m.			

Effective September 24 , 2018

~Any class that does not have at least 5 members will not be taught for that hour. If low numbers continue then the class(es) will be modified or removed from the schedule~