



MONDAY

5:30am - Group Power (1)
6:00am - Zone Training (SP)
6:30am - Group Ride (3)

8:25am - Group Power (1)
9:00am - Aqua Fit (AQ)
9:30am - Group Active (1)
9:30am - Group Blast (2)
9:30am - Group Ride (3)
9:30am - Zone Training (SP)
10:35am - Group Groove (2)
10:45am - Core Flex (1)
11:00am - Arthritic Wave (AQ)

12:00pm - Group Power (1)
12:00pm - Yoga (2)
12:00pm - TFW Hurricane (SP)
12:00pm - Deep Water Fit (AQ)
1:00pm - Therapeutic ABC's (AQ)
2:00pm - Back Splash (AQ)

4:55pm - Group Core (1)
5:30pm - Group Power (1)
5:30pm - Group Active (2)
5:30pm - R30 (3)
6:00pm - Deep Water Fit (AQ)
6:05pm - Group Ride (3)
6:05pm - Zone Training (SP)
6:30pm - Cardio Tennis (TN)
6:35pm - Group Fight (1)
6:35pm - Yoga (2)

TUESDAY

6:00am - Yoga (2)
6:00am - TFW Hurricane (SP)
7:00am - Zone Training (SP)

8:55am - Group Core (1)
9:10am - Recovery Yoga (2)
9:30am - Group Active (1)
10:00am - TFW Hurricane (SP)
10:35am - Group Fight (1)
10:45am - Yoga (2)

12:00pm - Yoga (2)
12:00pm - Group Ride (3)
12:00pm - Zone Training (SP)
12:00pm - TFW Strength (WR)
12:00pm - Aqua Fit (AQ)

4:25pm - Group Fight (1)
4:30pm - Kid Fit & Fun (SP)
5:30pm - Zumba (1)
5:30pm - Group Active (2)
5:30pm - Group Core (SP)
6:00pm - R30 (3)
6:00pm - TFW Hurricane (SP)
6:30pm - Cardio Tennis (TN)
6:35pm - Group Blast (1)
6:35pm - Recovery Yoga (2)
6:35pm - Group Ride (3)
7:40pm - Group Power (1)

WEDNESDAY

5:30am - Group Power (1)
6:30am - Group Fight (1)
6:30am - Group Ride (3)

9:00am - Aqua Fit (AQ)
9:30am - Group Power (1)
9:30am - Group Blast (2)
9:30am - Zone Training (SP)
10:35am - Group Active (1)
10:35am - Recovery Yoga (2)
11:00am - Arthritic Wave (AQ)

12:00pm - Yoga (2)
12:00pm - TFW Hurricane (SP)
12:00pm - Deep Water Fit (AQ)
12:15pm - Group Core (1)
2:00pm - Back Splash (AQ)

4:55pm - Group Core (1)
5:30pm - Group Power (1)
5:30pm - Group Groove (2)
5:30pm - R30 (3)
6:00pm - TFW Strength (WR)
6:05pm - Group Ride (3)
6:35pm - Group Fight (1)
6:35pm - Yoga (2)

THURSDAY

6:00am - Yoga (2)
6:00am - TFW Hurricane (SP)
7:00am - Zone Training (SP)

8:55am - Group Core (1)
9:10am - Recovery Yoga (2)
9:30am - Group Active (1)
10:00am - TFW Hurricane (SP)
10:35am - Group Blast (1)
10:45am - Yoga (2)

12:00pm - Group Power (1)
12:00pm - Yoga (2)
12:00pm - Group Ride (3)
12:00pm - TFW Strength (WR)

4:25pm - Group Power (1)
5:30pm - Yoga (2)
5:30pm - Group Blast (1)
5:30pm - Group Core (SP)
6:00pm - R30 (3)
6:00pm - TFW Hurricane (SP)
6:30pm - Cardio Tennis (TN)
6:35pm - Zumba (1)
6:35pm - Group Active (2)

FRIDAY

5:30am - Group Power (1)
6:00am - TFW Strength (WR)
6:30am - Group Ride (3)

8:30am - Group Ride (3)
9:00am - Aqua Fit (AQ)
9:30am - Group Power (1)
9:30am - Group Active (2)
9:30am - Zone Training (SP)
10:35am - Zumba (1)
10:45am - Core Flex (2)
11:00am - Arthritic Wave (AQ)

12:00pm - Group Blast (1)
12:00pm - Yoga (2)
12:00pm - TFW Hurricane (SP)
1:00pm - Therapeutic ABC's (AQ)
2:00pm - Back Splash (AQ)

5:00pm - Group Blast (1)
6:00pm - Yoga (2)
6:05pm - Group Power (1)

SATURDAY

8:30am - Group Core (1)
9:00am - Group Blast (1)
9:00am - Group Active (2)
9:00am - TFW Hurricane (SP)
9:00am - Cardio Tennis (TN)
9:30am - R30 (3)
10:00am - Zone Training (SP)
10:00am - Deep Water Fit (AQ)
10:00am - CT4Kids (TN)**
10:05am - Group Fight (1)
10:05am - Group Groove (2)
10:05am - Group Ride (3)
11:10am - Group Power (1)
11:15am - Yoga (2)
11:15am - Kid Fit & Fun (SP)

SUNDAY

9:00am - Group Power (1)
10:00am - Group Ride (3)
10:05am - Group Fight (1)
11:15am - Yoga (2)
11:15am - TFW Hurricane (SP)

3:30pm - Group Power (1)
4:35pm - Group Blast (1)
4:45pm - Yoga (2)

Class Location Key

Group Exercise Studio #1 = (1) Tennis = (TN)
Group Exercise Studio #2 = (2) Sports Performance Turf = (SP)
Group Ride Studio #3 = (3) Sports Performance Weight Room = (WR)
Aquatics = (AQ)

Regular Classes = 55 minutes • Group Core and R30 = 30 minutes

**No CT4Kids 6/26-8/12

Visit RDVSportsplex.com for exact class end times!

