

**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SATURDAY****SUNDAY**7:30-8:25am  
Zone Gold8:00-8:55am  
Zone Gold7:30-8:25am  
Zone Gold8:00-8:55am  
Zone Gold7:30-8:25am  
Zone Gold8:30-9:00am  
Tai Chi8:00-8:55am  
Yoga8:00-8:55am  
Vitality8:00-8:55am  
Yoga8:00-8:55am  
Vitality8:15-9:10am  
Yoga9:00-9:55am  
Zone Gold9:15-10:10am  
Zone Gold9:00-9:55am  
Zone Gold9:15-10:10am  
Zone Gold9:00-9:55am  
Zone Gold9:15-10:10am  
Zone Gold9:15-10:10am  
Vitality9:15-10:10am  
Group Active9:15-10:10am  
Yoga9:15-10:10am  
Group Active9:15-10:10am  
Yoga9:30-10:25am  
Vitality10:30-11:25am  
Yoga10:30-11:45am  
Recovery Yoga10:30-11:00am  
Tai Chi10:30-11:45am  
Recovery Yoga10:30-11:45am  
Recovery Yoga10:45-11:45am  
Recovery Yoga11:00-11:55am  
Zone Gold11:00-11:55am  
Zone Gold11:00-11:55am  
Zone Gold11:00-11:55am  
Zone Gold11:00-11:55am  
Zone Gold11:00-11:55am  
Zone Gold12:00-12:55pm  
Vitality12:00-12:30pm  
Tai Chi12:00-12:55pm  
Vitality12:00-12:55pm  
Yoga12:00-12:55pm  
Zumba1:15-2:30pm  
Recovery Yoga1:15-2:10pm  
Vitality1:15-2:30pm  
Recovery Yoga1:15-2:10pm  
Vitality1:30-2:25pm  
Zone Gold1:30-2:25pm  
Zone Gold1:30-2:25pm  
Zone Gold1:30-2:25pm  
Zone Gold

Zone Gold classes are held on the Fitness Floor. All other classes are held in the studio. Please visit [MVPsportsClubs.com](http://MVPsportsClubs.com) for exact class end times!