



SEPTEMBER GROUP FITNESS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Class Changes Highlighted In Yellow

GROUP FITNESS CLASSES

MASTERS SWIM 7:00-8:00am Jody	CARDIO TENNIS 8:00-9:00am Tennis Pro	MASTERS SWIM 7:00-8:00am Jody	All Out Effort 8am-9am Kris Online	MASTERS SWIM 7:00-8:00am Jody	MASTERS SWIM 7:15-8:15AM Jody
Refit Revolution 8:15am-9:15am Carolyn Group Ex	Insane AC 8am-9am Kris Group Ex & Online	Refit Revolution 8:15am-9:15am Carolyn Group Ex	Forever Fit 9am-10am Holly Group Ex	CARDIO TENNIS 8:00-9:00am Tennis Pro	PICK-UP BASKETBALL 8:00am Member Lead
Core Fitness 10am-10:45am Kris Group Ex & Online	Zumba 8:30am-9:30am Angeles Group Ex	Indoor Cycling 8:45am-9:45am Paul Spin Room		Indoor Cycling 8:45am-9:45am Paul Spin Room	<p style="text-align: center;">Check out the WORKOUT OF THE DAY and the WORKOUT OF THE WEEK in the Fitness Center</p>
	Pure Strength 9:45am-10:45 Kris Group Ex & Online	MASTERS SWIM 10:15-11:15am Jody		PICKLE BALL 9:00am Start Member Lead	
Hatha Flow Yoga 12pm-1pm Kathy Group Ex & Online				ZUMBA 9am-10am Angeles	
Qigong 2pm-3pm Charlie Online		Qigong 2pm-3pm Charlie Online	Pure Strength 4pm-5pm Kris Group Ex & Online	ALL OUT EFFORT! 10:15-11:00am Kris	
			Cardio Tennis 7pm-8pm		

CLUB HOURS
 M-F: 7am-8:30pm
 Sat: 7am-3pm
 Sun: 7am-3pm

4142 Cheval Blvd
 Lutz, FL 33558
 813.279.5122
 playcheval.com
CHILDCARE HOURS

Mon-Thu:
 8am-12pm
 4:30-8:30pm

Fri/Sat:
 8am-12pm

Sun:
 8am-12pm

MY WORKOUT SCHEDULE THIS MONTH:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY