

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:30 AM					CLUB FITNESS STRENGTH Angie	5:30 AM		
9:00 AM	ZUMBA Casey	CLUB FITNESS HIIT Dana	CLUB FITNESS YOGA Pattra	ZUMBA Jennifer	CLUB FITNESS YOGA Jim	9:00 AM	CLUB FITNESS INTERVALS Carolyn	
10:00 AM	CLUB FITNESS STRENGTH Emily	CLUB FITNESS SYNERGY Trainer	ZUMBA Jennifer	CLUB FITNESS YOGA Pattra		10:00 AM	Turbo TRICK April B	
11:00 AM					CLUB FITNESS SYNERGY Trainer	11:00 AM	CLUB FITNESS CORE Nancy	CLUB FITNESS YOGA Nancy
12:00 PM						12:00 PM	ZUMBA Nancy	ZUMBA Nancy
5:00 PM	PIYO Shana	CLUB FITNESS INTERVALS Carolyn	CLUB FITNESS STRENGTH Ann					
6:00 PM	Turbo TRICK Shana	CLUB FITNESS SYNERGY Trainer	Turbo TRICK Jessica	CLUB FITNESS YOGA Pattra	CLUB FITNESS SYNERGY Trainer			
7:00 PM	ZUMBA Jen	CLUB FITNESS YOGA Pattra		ZUMBA Deneen				
8:00 PM	CLUB FITNESS YOGA Donna			CLUB FITNESS PILATES Gary				

PULSE STUDIO

6:00 AM - 8:30 AM	PULSE STUDIO Ken	PULSE STUDIO Ken	PULSE STUDIO Ken	PULSE STUDIO Ken	PULSE STUDIO Jim	8:00 AM - 10:30 AM	PULSE STUDIO Jim	PULSE STUDIO Jim
5:30 PM - 8:00 PM	PULSE STUDIO Maria	PULSE STUDIO Maria	PULSE STUDIO Maria	PULSE STUDIO Maria	PULSE STUDIO Georgette			

CYCLE STUDIO

5:30 AM	LES MILLS RPM	CLUB FITNESS CYCLE Angie	LES MILLS RPM	CLUB FITNESS CYCLE Shelly	LES MILLS RPM	5:30 AM	LES MILLS RPM	LES MILLS RPM
6:45 AM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	6:45 AM	LES MILLS sprint	LES MILLS RPM
8:00 AM	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	7:45 AM	CLUB FITNESS CYCLE Hannah	LES MILLS sprint
9:00 AM	CLUB FITNESS CYCLE Emily	CLUB FITNESS CYCLE Hannah	CLUB FITNESS CYCLE Hannah	CLUB FITNESS CYCLE Deanna	CLUB FITNESS CYCLE Emily	9:00 AM	LES MILLS RPM	LES MILLS RPM
10:15 AM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	10:00 AM	LES MILLS RPM	CLUB FITNESS CYCLE Hannah
11:15 AM & 11:50 AM	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	11:10 AM & 11:45 AM	LES MILLS sprint	LES MILLS sprint
12:30 PM & 1:30 PM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	12:30 PM & 1:30 PM	LES MILLS RPM	LES MILLS RPM
2:45 PM & 3:20 PM	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	2:45 PM & 3:20 PM	LES MILLS sprint	LES MILLS sprint
4:00 PM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	4:00 PM	LES MILLS RPM	LES MILLS RPM
5:00 PM	CLUB FITNESS CYCLE Trudy	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS RPM	5:00 PM	LES MILLS RPM	LES MILLS RPM
6:00 PM	LES MILLS RPM	CLUB FITNESS CYCLE Holly	LES MILLS RPM	CLUB FITNESS CYCLE Hannah	LES MILLS RPM	6:00 PM	LES MILLS RPM	LES MILLS RPM
7:10 PM & 7:50 PM	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	7:10 PM & 7:50 PM	LES MILLS sprint	LES MILLS sprint
8:30 PM & 9:10 PM	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	8:30 PM & 9:10 PM	LES MILLS sprint	LES MILLS sprint

All classes are reviewed and revised often. We assess and make changes monthly with the help of your feedback and the resources we have available.

CLUB FITNESS AFFTON | 10047 GRAVOIS RD, AFFTON MISSOURI 63123 | 314.638.2582

FITNESS FOR EVERY BODY.