

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:30 AM				LES MILLS Victoria BODYPUMP		5:30 AM		
8:30 AM	CLUB FITNESS Holly STEP STRENGTH	ZUMBA Ana FITNESS		ZUMBA Ana FITNESS	CLUB FITNESS Holly STRENGTH	8:30 AM	LES MILLS LeAnne BODYFLOW	
9:30 AM	LES MILLS Rachel BODYPUMP	STRONG Michele'le BY ZUMBA	LES MILLS Rachel BODYPUMP	CLUB FITNESS Kelly YOGA	CLUB FITNESS Holly YOGA	9:30 AM	LES MILLS Rachel BODYPUMP	ZUMBA Robyn FITNESS
10:30 AM					ZUMBA Keke FITNESS	10:30 AM	ZUMBA Robyn FITNESS	
11:30 AM						11:15 AM		
4:30 PM	LES MILLS Victoria BODYPUMP	STRONG Michele'le BY ZUMBA	ZUMBA Robyn FITNESS	STRONG Michele'le BY ZUMBA				
5:30 PM	CLUB FITNESS Kelly YOGA	LES MILLS LeAnne BODYPUMP	CLUB FITNESS Dena KICKBOXING	LES MILLS LeAnne BODYPUMP	ZUMBA Michele'le FITNESS			
6:30 PM	ZUMBA Anna FITNESS	LES MILLS LeAnne BODYFLOW	CLUB FITNESS Dena STRENGTH	ZUMBA Erinn FITNESS				

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:00 AM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	5:00 AM	LES MILLS RPM	LES MILLS RPM
6:15 AM & 7:00 AM	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	6:15 AM & 7:00 AM	LES MILLS sprint	LES MILLS sprint
8:00 AM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	8:00 AM	LES MILLS RPM	LES MILLS RPM
9:30 AM	CLUB FITNESS Holly CYCLE	LES MILLS RPM	LES MILLS RPM LeAnne	LES MILLS RPM LeAnne	LES MILLS RPM	9:30 AM	LES MILLS RPM Leah	LES MILLS RPM
10:30 AM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	10:30 AM	LES MILLS RPM	LES MILLS RPM
11:45 AM & 12:30 AM	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	11:45 AM & 12:30 AM	LES MILLS sprint	LES MILLS sprint
1:15 PM & 2:15 PM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	1:15 PM & 2:15 PM	LES MILLS RPM	LES MILLS RPM
3:45 PM & 4:30 PM	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	3:45 PM & 4:30 PM	LES MILLS sprint	LES MILLS sprint
5:30 PM	LES MILLS RPM Leah	LES MILLS RPM	LES MILLS RPM Leah	LES MILLS RPM	LES MILLS RPM	5:30 PM	LES MILLS RPM	LES MILLS RPM
6:45 PM & 7:30 PM & 8:15 PM	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	6:45 PM & 7:30 PM & 8:15 PM	LES MILLS sprint	LES MILLS sprint

PULSE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:00 AM - 7:30 AM	PULSE STUDIO Austin	PULSE STUDIO Michele'Le	PULSE STUDIO Austin	PULSE STUDIO Austin	PULSE STUDIO Michele'Le	5:00 AM - 7:30 AM		
8:30 AM - 11:00 AM	PULSE STUDIO Matt	PULSE STUDIO Robyn	PULSE STUDIO Robyn	PULSE STUDIO Robyn	PULSE STUDIO Robyn	8:30 AM - 11:00 AM	PULSE STUDIO Robyn	
5:30 PM - 8:00 PM	PULSE STUDIO Jaycie		PULSE STUDIO Robyn		PULSE STUDIO Jaycie	5:30 PM - 8:00 PM		

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 ALTON | 47 EASTGATE PLAZA, EAST ALTON, IL, 62024

FITNESS FOR EVERY BODY.