

GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45-6:45a "Cycle Endurance" Kevin - C	5:45-6:45a "Muscle Works" Monica - X	5:45-6:45a "Cycle Strength" Kevin - C	5:45-6:45a "Muscle Works" Monica - X	5:45-6:45a "Cycle Endurance" Kevin - C	8:00-8:30a "Cycle EXP" Paula - C
8:30-9:30a "Muscle Works" Leslie - X	8:00-8:30a "Butts & Guts EXP" Monica - X	6:00-7:00a "Sunrise Yoga" Annette - X	8:30-9:30a "Cardio Sculpt" Leslie - X	6:00-7:00a "Sunrise Yoga" Annette - X	8:30-9:00a "Arms & Abs EXP" Monica - X
9:30-10:00a "Cycle EXP" Leslie - C	8:30-9:30a "Cardio Sculpt" Monica - X	8:30-9:30a "Muscle Works" Cathy - X	9:30-10:00a "Kickboxing 101 EXP" Razak - B	8:30-9:30a "Muscle Works" Monica - X	8:30-9:00a "H2O DeepFit EXP" Gloria - P
9:30-10:30a "Zumba" Jake - X	9:30-10:30a "LaBlast" Laura - X	9:30-10:30a "Zumba" Jake - X	10:00-10:30a "FastFit Box EXP" Razak - B	9:30-10:30a "DanceFit" Amanda - X	8:30-9:30a "Cycle Strength" Paula - C
9:30-10:30a "Aqua Circuit" Gloria - P	11:30a-12:00p "Cycle EXP" Leslie - C	9:30-10:30a "Cycle Endurance" Cathy - C	10:30-11:30a "Yoga Basics" Diana - X	9:30-10:30a "Cycle Strength" Monica - C	9:00-10:00a "Step" Monica - X
10:30-11:00a "Ripped Abs EXP" Carl - G	12:00-1:00p "Muscle Works" Leslie - X	10:30-11:00a "Ripped Abs EXP" Carl - G	11:30a-12:00p "Cycle EXP" Leslie - C	9:30a-10:30a "H2O ShallowFit" Christine - P	9:00a-10:00a "H2O ShallowFit" Gloria - P
11:30a-12:00p "Muscle Works EXP" Leslie - X	4:30-5:30p "Yoga Core" Melissa - X	10:30-11:30a "Yoga Basics" Rochelle - X	12:00-1:00p "Muscle Works" Leslie - X	10:30-11:30a "Pilates Barre" Katie - X	10:15-11:45a "Mix Level Flow" Courtney - X
11:30a-12:00p "Cycle EXP" Monica - C	4:30-5:00p "Kickboxing 101 EXP" Razak - B	11:30-12:00p "Butts & Guts EXP" Leslie - X	4:30-5:30p "Cardio Sculpt" Monica - X	11:30-12:00p "Core Fusion EXP" Katie - X	
12:00-1:00p "HIIT" Leslie - X	5:00-5:30p "FastFit Box EXP" Razak - B	11:30-12:00p "Cycle EXP" Monica - C	4:30-5:00p "Kickboxing 101 EXP" Razak - B	12:00-1:00p "Insanity" Katie - X	SUNDAY 11:00a-12:00p "Zumba" Viktoria - X
4:30-5:30p "Muscle Works" Danny - X	5:30-6:30p "Kickboxing Extreme" Razak - B	12:00-1:00p "Yoga for Athletes" Elektra - X	5:00-5:30p "FastFit Box EXP" Razak - B		4:00-5:00p "Restorative Yoga" Annette - X
5:30-6:30p "Zumba" Tam - X	5:30-6:30p "Cycle Strength" Gary - C	4:30-5:30p "Muscle Works" Monica - X	5:30-6:30p "Kickboxing Extreme" Razak - B		
5:30-6:30p "Cycle Endurance" Paula H. - C	6:00-7:00p "Aqua Box" Gloria - P	5:30-6:30p "Step" Monica - X	5:30-6:30p "Cycle Endurance" Monica - C		
6:00-7:00p "H2O ShallowFit" Christine - P	6:30-7:30p "Pilates Barre" Mary - X	6:00-7:00p "Aqua Circuit" Gloria - P	6:00-7:00p "H2O DeepFit" Gloria - P		
6:30-7:30p "Yoga Basics" Melissa - X		6:30-7:30p "Yoga Basics" Annette - X	6:30-7:30p "Yoga Core" Melissa - X		

- AEROBICS
- BOXING
- CYCLING
- YOGA/MIND & BODY
- POOL/AQUATICS
- STRENGTH TRAINING
- 30 MINUTE EXPRESS

CLASS LOCATIONS
P - POOL
G - GYM
X - GROUP EX STUDIO
C - CYCLE STUDIO
B - BOXING STUDIO

AC
THE ATHLETIC CLUB
10440 MARTY STREET, OP, KS 66212
913-383-9060

HOURS
MON - THU 5:30a - 10:00p
FRI 5:30a - 9:00p
SAT - SUN 7:00a - 8:00p

DIRECTIONS

