



Clarksville | June 2nd - June 8th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim - 4 Lanes Pool				5:00AM-4:30PM (Lap Pools)	5:00AM-4:30PM (Lap Pools)		
Indoor Cycling Cycle Studio				5:30AM-6:15AM (Cycling) <i>Megan C.</i>			
Pickleball Gym				7:00AM-11:00AM (Gym)	7:00AM-11:00AM (Gym)	7:00AM-11:00PM (Gym)	
Pickleball: General Gym				7:00AM-11:00AM (General)	7:00AM-11:00AM (General)	7:00AM-11:00AM (General)	
HIIT Half Court Studio				7:00AM-7:45AM (Circuit Training) <i>Kendra T.</i>			
BODYBALANCE Main Studio				7:30AM-8:25AM (Mind & Body) <i>Maura C.</i>		7:30AM-8:25AM (Mind & Body) <i>Maura C.</i>	
BODYPUMP Main Studio				8:30AM-9:25AM (Strength) <i>Maura C.</i>	5:30AM-6:25AM (Strength) <i>Megan C.</i>		
H2O Cardio Therapy Pool				8:30AM-9:15AM (Aquatics) <i>Trudy S.</i> 5:30PM-6:30PM (Aquatics) <i>Jennifer S.</i>	7:30AM-8:15AM (Aquatics) <i>Jennifer S.</i>	7:30AM-8:15AM (Aquatics) <i>Trudy S.</i>	
Yoga Activity Room				8:30AM-9:15AM (Mind & Body) <i>Brittany B.</i>			
AOA Circuit Activity Room				9:30AM-10:15AM (Active Older Adults) <i>Amy W.</i>		9:30AM-10:15AM (Active Older Adults) <i>Angie R.</i>	
H2O Circuit Therapy Pool				9:30AM-10:15AM (Aquatics) <i>Trudy S.</i>	8:30AM-9:15AM (Aquatics) <i>Alissa N.</i>		
Les Mills RPM Cycle Studio				9:30AM-10:15AM (Cycling) <i>Maura C.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boot Camp Half Court Studio				9:30AM-10:15AM (Circuit Training) <i>Annie R.</i> 4:30PM-5:15PM (Circuit Training) <i>Jason L.</i>	8:30AM-9:15AM (Circuit Training) <i>Sheri J.</i> 9:30AM-10:15AM (Circuit Training) <i>Erika C.</i>	9:45AM-10:30AM (Circuit Training) <i>Erika C.</i>	
Tai Chi Main Studio				12:30PM-1:15PM (Martial Arts) <i>Stuart B.</i>			
Swim Lessons - Pool Open Therapy Pool				4:00PM-7:00PM (Lap Pools)		8:00AM-1:15PM (Lap Pools)	
Yoga Main Studio				4:30PM-5:15PM (Mind & Body) <i>Lisa K.</i>			
Swim Team - 4 Lanes Pool				4:45PM-7:00PM (Lap Pools)			
Pickleball: Family/Beginner Gym				5:00PM-7:00PM (General)	5:00PM-7:00PM (General)	11:00AM-1:00PM (General)	
Zumba Main Studio				5:30PM-6:15PM (Dance) <i>Liz R.</i>	8:30AM-9:15AM (Dance) <i>Lisa K.</i> 5:30PM-6:15PM (Dance) <i>Jessica C.</i>		
BODYPUMP Half Court Studio				5:30PM-6:25PM (Strength) <i>Steph M.</i>		8:30AM-9:25AM (Strength) <i>Steph M.</i>	
Open Gym Gym					5:00AM-8:00AM (Gym) 12:00PM-8:00PM (Gym)		
Les Mills SHAPES Activity Room					8:30AM-9:15AM (Mind & Body) <i>Maura C.</i>		
AOA Yoga Activity Room					9:30AM-10:15AM (Active Older Adults) <i>Maura C.</i>		
BARRE Main Studio					9:30AM-10:15AM (Strength) <i>Caitlyn P.</i>		
AOA Strength Main Studio					10:45AM-11:30AM (Active Older Adults) <i>Gina A.</i>		

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Yin Yoga Main Studio					4:30PM-5:15PM (Mind & Body) <i>Alissa N.</i>		
Yoga/Pilates Fusion Main Studio						8:30AM-9:15AM (Mind & Body) <i>Megan C.</i>	
Dance Blast Main Studio						9:30AM-10:15AM (Dance) <i>Megan C.</i>	
Les Mills SPRINT Cycle Studio						9:30AM-10:00AM (Cycling) <i>Ebony M.</i>	
Hip Hop Step Main Studio						10:30AM-11:15AM (Cardio) <i>Reva C.</i>	
Family Fitness Half Court Studio						10:45AM-11:30AM (Youth & Family) <i>Erika C.</i>	
Restorative Yoga Main Studio							3:00PM-3:45PM (Mind & Body) <i>Lisa K.</i>