

# AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Moring Group Classes</b>					
Masters Swim 7am-8am Jody Pool	Insane AC 8am-9am Kris Online	Masters Swim 7am-8am Jody Pool	All Out Effort 8am-9am Kris Online	Masters Swim 7am-8am Jody Pool	Masters Swim 7am-8am Jody Pool
Refit Revolution 8:15am-9:15am Carolyn Group Ex	Cardio Tennis 8am-9am	Refit Revolution 8:15am-9:15am Carolyn Group Ex	Forever Fit 9am-10am Holly Group Ex	Cardio Tennis 8am-9am	All reservations can be accessed through MindBody or by calling the <b>Athletic Club</b> <b>813.279.5122</b>
Core Fitness 10am-10:45am Sara Group Ex & Online	Zumba 8:30am-9:30am Angeles Group Ex	Indoor Cycling 8:45am-9:45am Paul Spin Room	Stretch Xpress 10:15am-10:45am Coach D Group Ex & Online	Indoor Cycling 8:45am-9:45am Paul Spin Room	
Hatha Flow Yoga 11am-12pm Sara Group Ex & Online	Pure Strength: Legs 9:45am-10:45 Sara Group Ex & Online			Zumba 9am-10am Angeles Group Ex	
<b>Afternoon Group Classes</b>					
Qigong 2pm-3pm Charlie Online	Physical Education 12pm-12:45pm Coach D Outdoor Courts Ages 6-9	Mindful Eating 101 12pm-1pm Mackenzie Online & Sunset Room	Physical Education 12pm-12:45pm Coach D Outdoor Courts Ages 6-9	<b>Club Hours</b> Monday-Friday 7am-8:30pm Saturday & Sunday 7am-3pm <b>Play Center Hours</b> Monday-Thursday 8am-12pm; 4:30pm-8:30pm Friday- Sunday 8am- 12pm	
	Physical Education 1pm -1:45pm Coach D Outdoor Courts Ages 10-13	Qigong 2pm-3pm Charlie Online	Physical Education 1pm -1:45pm Coach D Outdoor Courts Ages 10-13		
OUR MISSION: <i>We are commiteed with passion. Ready to engage others to connect and positively impact lives. We have an opportunity to help individuals and families improve their lives in many ways. Whether it is through sports, fitness, or club activities, we make a difference!</i>			Pure Strength: Chest, Back & Arms 4pm-5pm Sara Group Ex & Online		
			Cardio Tennis 7pm-8pm		
 <b>THE CLUB AT CHEVAL</b>					