

Effective
08/01/2020



LOUISVILLE ATHLETIC CLUB

Group Fitness Schedule

Louisville Athletic Club | Clarksville

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30a	Cycling Mindy	5:30a GROUP XPOWER Amber Jag	5:30a BLAST Amber Jac	5:30a GROUP XPOWER Jenna	5:30a Cycling Scott	8:05a GROUP XPOWER Amber Jag	
9:00a	GROUP XPOWER Colleen	9:00a ZUMBA KELLY Kelly	9:00a GROUP XPOWER Amber Jac	9:00a ZUMBA KELLY Kelly	9:00a GROUP XPOWER Colleen	9:15a Cycling Amber Jag	9:00a GROUP XPOWER Amber Jac
10:10a	BLAST Colleen	10:10a Barre Works Meghann	10:10a Cycling Amber Jac (30)	10:15a YOGA Megan	10:10a ZUMBA Mackenzie	10:15a Barre Works Meghann	10:10a Cycling Amber Jac
		11:20a Cycling Amber Jac(30)		11:30a fire Megan		10:15a FTP Test Whitney	
		12:00p fire Amber Jac				1st Sat. of Month	

Club Hours	
Mon-Thurs	5:00 am - 11:30 pm
Friday	5:00 am - 9:00 pm
Saturday	7:00 am - 8:00 pm
Sunday	8:00 am - 8:00 pm

Playroom Hours	
Mon-Thurs	8:30 am - 1:00 pm
Friday	4:00 pm - 8:00 pm
Saturday	8:30 am - 1:00 pm
Sunday	8:00 am - 1:00 pm

4:30p	GROUP XPOWER Amber Jac	4:30p BLAST Jenna	4:30p GROUP XPOWER Amber Jag	4:30p BLAST Amber Jag
5:40p	Cycling Andrea	5:00p Cycling Andrea (30)	5:40p Cycling Amber Jac	5:00p Cycling Andrea (30)
5:40p	Barre Works Amber Jac	5:40p GROUP XPOWER Jenna	5:40p Barre Works Meghann	5:40p Cycling Amber Jac
6:45p	REFIT Maranda	5:40p Cycling Scott	6:45p cardio dance Mindy	5:40p GROUP XPOWER Maribel

Group Fitness Director: Amber Jackson | 951 E. Lewis & Clark Pkwy., Clarksville, IN | (812) 284-4900
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