

Murfreesboro Athletic Club

Studio Key:
(1) Group Fitness Studio
(2) Spinning Studio
(3) Yoga/Pilates Studio

Club Hours: Monday 5am thru Friday 10pm/Saturday 7am - 8pm/Sunday 8am-8pm

ANDREA JONES-GROUP FITNESS DIRECTOR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>TBW-Total Body Work (1)</u> 5:45am - Lucky</p> <p><u>Zumba (3)</u> 8:15am Lou</p> <p><u>Body Pump (1)</u> 8:30am Andrea</p> <p><u>Pilates (1)</u> 9:30am Andrea</p> <p><u>Spinning (2)</u> 9:30 - Kyle</p> <p><u>Yoga (3)</u> 9:30am - Donna</p> <p><u>Body Pump (1)</u> 12:15-1:00 Jennifer</p> <p><u>TBW-Total Body Work (1)</u> 4:30pm - Kyle</p> <p><u>Spinning (2)</u> 5:45pm - Lucky</p> <p><u>Zumba (3)</u> 6:30pm - Kristin</p>	<p><u>Spinning (2)</u> 5:45am - Ashley</p> <p><u>TBW-Total Body Work (1)</u> 8:30am</p> <p><u>Spinning (2)</u> 9:30 -Kyle</p> <p><u>Spinning (2)</u> 12:00-12:45 Jennifer</p> <p><u>Basic Step (1)</u> 4:30pm Andrea</p> <p><u>Body Pump (1)</u> 5:30pm Janehilda</p> <p><u>Yoga (3)</u> 5:30pm - Donna</p> <p><u>Zumba (3)</u> 6:30pm - Diondra</p> <p><u>SportsZone (1)</u> 6:45pm Kyle</p>	<p><u>Body Pump (1)</u> 5:45am Lucky</p> <p><u>Zumba (3)</u> 8:15am - Heydi</p> <p><u>Body Pump (1)</u> 8:30am Andrea</p> <p><u>BootCamp (1)</u> 9:30am Andrea</p> <p><u>Body Pump (1)</u> 12:15-1:00 Lisa</p> <p><u>Body Pump (1)</u> 4:30pm Janehilda</p> <p><u>Spinning (2)</u> 5:45pm - Janehilda</p> <p><u>Zumba (3)</u> 6:30pm - Jammy</p>	<p><u>Spinning (2)</u> 5:45am - Ashley</p> <p><u>TBW-Total Body Work (1)</u> 8:30am - Andrea</p> <p><u>Spinning (2)</u> 9:30am - Andrea</p> <p><u>Spinning (2)</u> 12:00-12:45 Jennifer</p> <p><u>Body Pump (1)</u> 5:30pm Cyndee</p> <p><u>Zumba (3)</u> 6:30pm - Kristin</p> <p><u>SportsZone (1)</u> 6:45pm Kyle</p> <p><u>Spinning (2)</u> 6:45pm - Ashley</p>	<p><u>Spin/Pump (2/1)</u> 5:45am Lucky</p> <p><u>Body Pump (1)</u> 8:30am Jennifer</p> <p><u>Spinning (2)</u> 9:30 Jennifer</p> <p><u>Zumba (3)</u> 9:30 - Heydi</p> <p><u>Body Pump (1)</u> 12:15-1:00 Lisa</p>	<p><u>TBW-Total Body Work (1)</u> 7:15am - Andrea</p> <p><u>Spinning (2)</u> 8:15am - Andrea</p> <p><u>Body Pump (1)</u> 9:15 - Lucky/Andrea</p> <p><u>Zumba (3)</u> 9:00am - Lou/Jammy</p>	 <p><i>Winter</i></p> <p><u>Zumba (3)</u> 4:30pm Kimberley</p>
						<p>*GREY INDICATES NEW CLASS OR CLASS CHANGE</p>