



Group Fitness Schedule

Effective 4/28/2024

For questions or concerns,
contact Taylor Shore at 515-708-4133 or taylor@fitnessworldclubs.com


		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First Floor Group Fitness Studio	6:00 AM	CARDIO KICKBOXING » EXPRESS			KICK & SCULPT			
	7:30 AM			ubeat LIFT				
	8:30 AM	GROUP POWER	GROUP BLAST	PILATES BARRE	GROUP POWER	TOTAL BODY STRENGTH	8:00 AM ZUMBA FITNESS	
	9:30 AM	Pilates	TBC Total Body Conditioning	SPYRC	STEP	YOGA	9:00 AM GROUP BLAST	
	10:30 AM	ZUMBA gold	SilverSneakers by Fitly Health	Chair Yoga	SilverSneakers by Fitly Health		10:00 AM GROUP POWER	12:30 PM CARDIO MIX
	4:30 PM	CARDIO KICKBOXING	TBC Total Body Conditioning	YOGA	STEP			1:30PM GROUP POWER
	5:30 PM	GROUP BLAST	GROUP POWER	ZUMBA FITNESS	GROUP POWER			
	6:30 PM	ZUMBA FITNESS	ZUMBA FITNESS	GROUP BLAST	YIN YANG YOGA			
Second Floor Cycle Station	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday:
	8:30 AM			GROUP RIDE			9:00 AM GROUP RIDE	
	4:30 PM	GROUP RIDE						

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Group Fitness





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