


CYCLING ZONE



www.cantonclub24.com 410.276.5544

2780-d lighthouse point east

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
CYCLING (NANCY) 5:30AM	NEW CYCLING (EDDIE) 6:00 AM	CYCLE EXPRESS 5:30 AM w/ NANCY		CYCLING (NANCY) 5:30AM	CYCLING (ROY) 9:00AM		
			CYCLING (NANCY) 6:00 AM				
CYCLING (ANGIE) 8:00 AM			CYCLING (MELISSA) 8:00 AM	CYCLING (MELISSA) 8:00 AM	CYCLING (ANGIE) 8:00 AM	CYCLING (JACKI) 10:00AM	CYCLING (AMY) 10:00AM
CYCLING (JACKI) 4:45 PM		CYCLING (JACKI) 4:30 PM			 <p>Take a class while your kids play in our on-site child care! Mon - Sun 8:45am - 12:30 pm Mon - Thur 4:45 pm - 8:15 pm</p>		
				OLD SCHOOL BEATS (MYSTY) 5:30PM			
CYCLING (MYSTY) 6:00PM	CYCLING (ROY) 6:00PM	CYCLING (ERIN) 6:00PM	CYCLING (KRISSY) 6:00PM				
	CYCLING (JACKI) 7:00PM						

MIND/BODY ZONE

2700 Lighthouse Point East - SUITE 250

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	PILATES (CECILIA) 8:00 AM		BARRE FUSION (CECILIA) 8:00 AM			
	Please Note: Tuesday 8 am Pilates, and Thursday 8 am Barre Fusion will be held in the the Group X Training Zone.					YOGA (ANITA) 10:00 AM
	YOGA FOR ALL LEVELS 6 PM (CHRISTINA)	PILATES (CECILIA) 6:00 PM	ZUMBA (CHINARA) 6:30 PM			
POWER YOGA (CECILIA) 7:00 PM		YOGA (CECILIA) 7:00 PM				