


GROUP X ZONE



www.cantonclub24.com 410.276.5544

2780-d lighthouse point east

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					FLEX (ANGIE) 8:00 AM	
FUSION FLEX (ANGIE) 9:00 AM	PILATES (CECILIA) 8:00 AM	FLEX (MELISSA) 9:00 AM	BARRE FUSION (CECILIA) 8:00 AM	FLEX (ANGIE) 9:00 AM	Heavy Bag Bootcamp (JACKI) 9:00 AM <i>Not for beginners</i>	
		ZUMBA (JUSTINE) 12:30 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>		BOOTCAMP (PATRICK) 11:30 AM <i>Not for beginners</i>
	ZUMBA (CHINARA) 5:00 PM	FUSION FLEX (ANGIE) 5:15 PM	POWER FLEX (JACKI) 5:30 PM			
	CARDIO FLEX & ABS (PATRICK) 6:00 PM	HEAVY BAGS (PATRICK) 6:00 PM	Obstacle Course Training (OCT) 6:30 PM (PATRICK)			
Step, Jump, & Pump 7:00 PM (MYSTY)						

GROUP TRAINING ZONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
X-Fit 6:00 AM (MATT)		X-Fit 6:00 AM (MATT)				
					TRX 10:00 AM (ANGIE) NEW	FitWall 9:00 AM (PATRICK)
FitWall 12:30 PM (JACKI)		TRX 12:15 PM (FRANK)			AIR YOGA 4 the Stiff (JACKI) 11:30 AM	Kettle Bells PURE STRENGTH 9:30 PM (PATRICK)
AIR YOGA (CECILIA) 5:00 PM			FitWall 5:00 PM (JACKI)			Hips, Flips, and Dip (CECILIA) 10:30 AM Advanced Air Yoga
TRX Pilates 6:00 PM (CECILIA)	TRX 6:00 PM (JACKI)	TRX 6:00 PM (MATT)				
X-Fit 6:00 PM (MATT)	EXTREME CONDITIONING 7:00 PM (PATRICK)	PURE STRENGTH 7:00 PM (PATRICK)	AIR YOGA (BRANDIE) 7:30 PM			
					<p>Group Training \$10 per session or \$45 for 5 session</p> <p>Cutting Edge Membership Upgrade your current membership to \$89/month and enjoy unlimited group training sessions.</p> <p>Premium Training Members Enjoy all group trainings on this schedule for FREE!</p>	