

CYCLING ZONE



www.cantonclub24.com 410.276.5544

2780-d lighthouse point east

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	BOOT CAMP MEET AT GROUP X ZONE (NANCY) 5:30AM	CYCLE EXPRESS 5:30 AM w/ NANCY CYCLING (NANCY) 6:00 AM		CYCLING (NANCY) 5:30AM			
CYCLE 45 (ANGIE) 8:00 AM			CYCLE 45 (MELISSA) 8:00 AM	CYCLE 45 (MELISSA) 8:00 AM	CYCLE 45 (ANGIE) 8:00 AM	CYCLING (ROY) 9:00AM	
CYCLING (JACKI) 4:30 PM			CYCLING (JACKI) 4:00 PM			CYCLING (JACKI) 10:00AM	CYCLING (ERIN) 10:00AM
CYCLING (MICHAEL) 6:00PM	CYCLING (ROY) 6:00PM	CYCLING (KRISSY) 6:00PM	CYCLING (ERIN) 6:00PM	CYCLING (ERIN) 5:30PM			
CYCLING & ABS (KRISSY) 7:00PM	CYCLING (JACKI) 7:00PM						

MIND/BODY ZONE

2700 Lighthouse Point East - SUITE 250

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		YOGA (VANESSA) 7:00 AM				
	PILATES (CECILIA) 8:00 AM		BARRE FUSION (CECILIA) 8:00 AM			
	<div style="border: 2px solid black; background-color: #00FFFF; padding: 5px;"> Please Note: Tuesday 8 am Pilates, Wednesday 7 am Yoga and Thursday 8 am Barre Fusion will be held in the the Group X Training </div>				YOGA (CECILIA) 10:00AM	YOGA (ANITA) 10:00 AM
MOMMY, DADDY & ME YOGALATES 6:00 PM (CECILIA)	YOGA FOR BEGINNIERS 6 PM (VANESSA)	POWERBALL PILATES (CECILIA) 6:00 PM			ZUMBA (ANDY) 11:00 AM	
POWER YOGA (CECILIA) 7:00 PM	PILATES (ANITA) 7:00 PM	YOGA (CECILIA) 7:00 PM				