

DOWNTOWN ATHLETIC CLUB

2014 CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:15am TRX Beth - Studio C	5:45-6:30am CYCLE 45 Melodie - Studio B	5:30-6:15am T.B.C. John - Gym	5:45-6:30am CYCLE 45 Todd - Studio B		
9:30-10:00am ZUMBA TONE Betty - Studio A	8:45-9:15 TREK Sara - Treadmills	9:30-10:00am ZUMBA SENTAO Betty - Studio A	8:45-10:15 Bikini Bootcamp sara-gym	8:30-9:30am ZUMBA Betty - Studio A	8:30-9:30am CYCLE 60 Beth - Studio B
5:30-6:30am YOGA Cynthia-Studio A	9:15-10:15 LIFT Sara - Studio A	8:45-9:45am CYCLE 60 Lauren - Studio B	9:15-10:15 BIKINI BODY SCULPT Sara - Gym	8:45-9:30am CYCLE 45 Sara - Studio B	9:00-10:00 ZUMBA Amanda-Studio A
8:45-9:30am CYCLE 45 Sara - Studio B		9:45-10:15am ABS Lauren - Studio B		9:30-10:15am A.B.C. Sara - Studio A	
9:30-10:15am TRX Sara - Studio C	12:10-12:55pm CYCLE 45 Sara - Studio B	10:00-10:45am ROLL & RELAX Betty - Studio A	12:10-12:55pm CYCLE 45 Melodie - Studio B	12:10-12:55pm FLOW YOGA Torry - Studio A	
10:00-10:45am BENDER BALL Betty - Studio A	1:30-2:00pm DACurves Betty - Studio A	12:10-12:40pm LIFT Melodie-Studio A	1:30-2:00pm DACurves Betty - Studio A	12:10-12:55 T.B.C. Beth D.- Studio C	
12:10-12:55pm T.B.C. Beth D.- Studio C	5:15-6:15pm TRX Beth - Studio C			5:15-6:15pm FLOW YOGA Cynthia - Studio B	
5:15-6:00pm CYCLE 45 Beth - Studio B	5:30pm-6:30pm ZUMBA FITNESS Amanda - Studio A	5:15-6:00pm CYCLE 45 Beth - Studio B			
6:00-7:00pm LIFT Beth - Studio A		5:15-6:15pm FLOW YOGA Cynthia - Studio A	5:30-6:30pm TABATA BOOTCAMP Beth - Gym		
6:30-7:00pm T.B.C. Carlos - Studio C					



ATHLETIC CLUB

www.daclub.com

806-324-5402

Mon - Thu: 4am - 10pm

Friday: 4am - 8pm

Saturday: 7am - 6pm

Sunday: 12pm - 6pm