

Club Hours

Mon-Thurs 5:00AM–11:00PM

Fri: 5:00AM-9:00PM

Sat 8:00AM-7:00PM

Sun 9:00AM-7:00PM



Edinburg Group Exercise Schedule

2651 Cornerstone Blvd

Edinburg, TX 78539

trufitathleticclubs.com

956-686-0123

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15 AM TRU GRIT BECKY		5:15 AM TRU GRIT BECKY		
5:15 AM CYCLING SANDRA		5:15 AM CYCLING SANDRA		5:15 AM CYCLING SANDRA	
8:30 AM SUPER SCULPT VERO	8:30 AM TRIPLE BLAST VERO	8:30 AM SUPER SCULPT VERO	8:30 AM STEP INTERVAL CATHY	8:30 AM ATHLETIC STEP CATHY	
8:30 AM CYCLING SANDRA	8:30 AM CYCLING SANDRA	8:30 AM CYCLING SANDRA	8:30 AM CYCLING SANDRA	8:30 AM CYCLING SANDRA	9:00AM ATHLETIC STEP CATHY
9:30 AM DANCE FITNESS VERO	9:30 AM TRU GRIT SILVIA	9:30 AM DANCE FITNESS VERO	9:30 AM TRU GRIT SILVIA	9:30 AM DANCE FITNESS VERO	9:00 AM YOGA DORRIS
9:30 AM YOGA DORRIS	9:30 AM PILATES KELLY	9:30 AM YOGA DORRIS	9:30 AM PILATES KELLY	9:30 AM YOGA DORRIS	10:00 AM TRU GRIT SANDIE
5:00 PM KICK INTERVAL NORMA	5:00 PM TRU GRIT NORMA	5:00 PM TRIPLE BLAST NORMA	5:00 PM TRU GRIT NORMA		
6:00 PM TRU GRIT SANDIE	6:00 PM STEP SANDIE	6:00 PM TRU GRIT SANDIE	6:00 PM TRIPLE BLAST SANDIE	6:00 PM ZUMBA GABBY	
6:00 PM CYCLING DANA	6:00 PM CYCLING SANDRA	6:00 PM CYCLING DANA	6:00 PM CYCLING SANDRA		
7:00 PM ATHLETIC STEP CATHY	7:00 PM HIIT VERO	7:00 PM ATHLETIC STEP CHRISTINE	7:00 PM CORE & STRENGTH CATHY H		
7:00 PM PILATES KELLY	7:00 PM YOGA SANDRA G	7:00 PM PILATES KELLY	7:00 PM YOGA SANDRA G		
8:00 PM ZUMBA SILVIA C	8:00 PM ZUMBA GABBY	8:00 PM ZUMBA GABBY			