

# Club Hours

Mon-Thurs 5:00AM-11:00PM

Fri 5:00AM-10:00PM

Sat 8:00AM-7:00PM

Sun 9:00AM-7:00PM



# ATHLETIC CLUBS

Harlingen  
GROUP EXERCISE SCHEDULE

1500 W. Harrison  
Harlingen, Tx

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM TABATA VICTORIA	5:15 AM STEP&TONE PATRICIA	5:15 AM TABATA VICTORIA	5:15 AM STEP&TONE PATRICIA	5:15 AM TABATA VICTORIA		
6:00 AM CYCLING ESRA	6:00 AM CYCLING JAVIER	6:00 AM CYCLING ESRA	6:00 AM CYCLING JAVIER	6:00 AM CYCLING JAVIER		
8:30 AM TRU GRIP PATRICIA	8:30 AM KICKBOXING NORA	8:30 AM TRU GRIT PATRICIA	8:30 AM KICKBOXING NORA	8:30 AM TRU GRIT NORA		
9:45 AM CYCLING MOISES	9:45 AM STEP&TONE NORA	9:45 AM CYCLING MOISES	9:45 AM STEP&TONE NORA	9:45 AM CYCLING MOISES	9:00 AM CYCLING JUANITA	
9:45 AM ZUMBA PATTY		9:45 AM ZUMBA PATTY		9:45 AM ZUMBA HELEN	9:45 AM TABATA JUANITA	
5:30 PM STEP&TONE MELODY	5:30 PM SUPER SCULPT MELODY	5:30 PM STEP&TONE MELODY	5:30 PM ZUMBA CINDY	5:30 PM ZUMBA CINDY		
5:30 PM CYCLING JUANITA	5:30 PM CYCLING MAGGIE	5:30 PM CYCLING JUANITA	5:30 PM CYCLING JUANITA	5:30 PM CYCLING ESRA		
6:30 PM ZUMBA CINDY	6:30 PM STEP CINDY	6:30 PM ZUMBA CINDY	6:30 PM STEP NORA			
6:30 PM CYCLING JAVIER	6:30 PM CYCLING MAGGIE	6:30 PM CYCLING ESRA	6:30 PM CYCLING ESRA			
7:30 PM ZUMBA HELEN	7:30 PM ZUMBA HELEN	7:30 PM ZUMBA HELEN	7:30 PM ZUMBA HELEN			
			*KIDS CLUB* TWO HOUR LIMIT/CHILD			
<b>MONDAY</b> 8:AM-1:PM 4:PM-9:PM	<b>TUESDAY</b> 8:AM-1:PM 4:PM-9:PM	<b>WEDNESDAY</b> 8:AM-1:PM 4:AM-9:PM	<b>THURSDAY</b> 8:AM-1:PM 4:PM-9:PM	<b>FRIDAY</b> 8:AM-1:PM 4PM-8:30PM	<b>SATURDAY</b> 9:AM-1:PM	<b>SUNDAY</b> 1:PM-5:PM