

Club Hours

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

Fri 5:00AM-11:00PM

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 JUANITA	5:15 AM TRU GRIT PATRICIA	5:15 AM ZUMBA RAMIRO	5:15 AM TRU GRIT PATRICIA	5:15 AM TABATA JUANITA		
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 PATTY	8:30 AM STEP PATRICIA	8:30 AM TRU GRIT PATTY	8:30 AM STEP PATRICIA	8:30 AM TRU GRIP PATTY	9:00 AM CYCLING JUANITA	
9:45 AM CYCLING MOISES		9:45 AM CYCLING MOISES		9:45 AM CYCLING MOISES	9:45 AM TABATA JUANITA	
9:45 AM ZUMBA PATRICIA	9:45 AM STEP PATTY	9:45 AM ZUMBA PATRICIA	9:45 AM STEP PATTY	9:45 AM ZUMBA HELEN		
5:30 PM STEP- INTERVAL MELODY	5:30 PM SUPER SCULPT MELODY	5:30 PM STEP- INTERVAL MELODY	5:30 PM ZUMBA CINDY	5:30 PM TABATA JUANITA		
5:30 PM CYCLING JUANITA	5:30 PM CYCLING JAVIER	5:30 PM CYCLING JUANITA	5:30 PM CYCLING JUANITA	5:30 PM CYCLING ESRA		
6:30 PM ZUMBA CINDY	6:30 PM ZUMBA HELEN	6:30 PM ZUMBA CINDY	6:30 PM TABATA JUANITA			
6:30 PM CYCLING JAVIER	6:30 PM CYCLING JAVIER	6:30 PM CYCLING ESRA	6:30 PM CYCLING ESRA			
7:30 PM ZUMBA HELEN	7:30 PM ZUMBA RAMIRO	7:30 PM ZUMBA HELEN	7:30 PM ZUMBA HELEN			
			KIDS CLUB TWO HOUR LIMIT/CHILD			
MONDAY 8:AM-1:PM 4:PM-9:PM	TUESDAY 8:AM1:PM 4:PM-9:PM	WEDNESDAY 8:AM-1:PM 4:PM-9:PM	THURSDAY 8:AM-1:PM 4:PM-9:PM	FRIDAY 8:AM-1-PM 4PM-8:30PM	SATURDAY 9:AM-1:PM	SUNDAY 1:PM-5:PM