

TRU FIT

ATHLETIC CLUBS

McAllen Club Hours

Mon-Thur:

5:00am–12:00pm

Fri: 5:00am-10:00pm

Sat: 8:00am–7:00pm

Sun: 9:00 am - 7:00 pm

Kid's Club Hours

Mon-Fri:

8:00am-1:00pm

4:00pm-8:00pm

Sat: 8:00am-12:00pm

Sun: 2:00pm - 5:00pm

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

GROUP X	CYCLE	GROUP X	CYCLE	GROUP X	CYCLE	GROUP X	CYCLE	GROUP X	CYCLE	GROUP X	CYCLE
8:30AM KICKBOXING LETTY	8:45AM INTERVAL ARMANDO	8:30AM BODY SCULPTING LETTY	8:45AM STRENGTH ARMANDO	8:30AM ZUMBA ROXY	8:45AM STRENGTH ARMANDO	8:30AM TRIPLE BLAST LETTY	8:45AM STRENGTH ARMANDO	8:30AM BODY SCULPTING LETTY	8:45AM STRENGTH ARMANDO	8:45AM STEP INTERVAL JUDY	
9:45AM BODY SCULPTING ROXY		9:45AM STEP LETTY		9:45AM STEP/KICK LETTY		9:45AM TRU GRIT ROXY		9:45AM BEST OF BOTH LETTY		9:45AM TRU GRIT BECKY	
5:15PM BODY SCULPTING JUDY		5:15PM HIIT JUDY				5:15PM LEGS&CORE JUDY					
6:00PM STEP/ABS JUDY	6:00PM INTERVAL BECKY	6:00PM BODY SCULPTING JUDY	6:00PM ENDURANCE BECKY	6:00PM ZUMBA MICHAEL	6:00PM ENDURANCE ARMANDO	6:00PM STEP INTERVAL JUDY		6:00PM ZUMBA SYLVIA			
7:00PM HIIT MONICA		7:00PM HIIT MONICA	7:00PM INTERVAL ARMANDO	7:00PM TRU GRIT BECKY		7:00PM ZUMBA MICHAEL	7:00PM INTERVAL ARMANDO				
8:00PM ZUMBA MARIA		8:00PM PILATES CATHY		8:00PM ZUMBA MARIA							

Group Fitness Class Cancellation/Changes

All group fitness classes and instructors are subject to cancellation or change due to the following: low participation, class format request or need, instructor availability, change in time. Your questions and comments are welcome.

Please contact Cathy Flores, Group Fitness Director,
cflores@maxfitnessrgv.com

For the most updated
 Max Fitness Club information

Find us on Facebook:
 "Max Fitness"

Inclément Weather Policy

We will post class schedule on our FB page by 5am for the morning classes and 3pm for our evening classes.