

## 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 HIIT JUANITA	5:15 AM TRU GRIT PATRICIA	5:15 AM HIIT VICTORIA	5:15 AM TRU GRIT PATRICIA	5:15 AM HIIT 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 GRIT 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 PATRICIA		9:45 AM CYCLING PATRICIA		9:45 AM CYCLING PATRICIA	9:45 AM HIIT JUANITA	
9:45 AM ZUMBA HELEN	9:45 AM STEP INTERVAL PATTY	9:45 AM ZUMBA HELEN	9:45 AM STEP INTERVAL PATTY	9:45 AM ZUMBA HELEN		
5:30 PM STEP- INTERVAL MELODY	5:30 PM TRU GRIT MELODY	5:30 PM STEP- INTERVAL MELODY	5:30 PM ZUMBA CINDY			
5:30 PM CYCLING JUANITA	5:30 PM CYCLING ESRA	5:30 PM CYCLING JUANITA	5:30 PM CYCLING JUANITA	5:30 PM CYCLING JAVIER		
6:30 PM ZUMBA CINDY	6:30 PM ZUMBA HELEN	6:30 PM ZUMBA CINDY	6:30 PM HIIT VICTORIA			
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			
<b>MONDAY</b> 8:AM-1:PM 4:PM-9:PM	<b>TUESDAY</b> 8:AM1:PM 4:PM-9:PM	<b>WEDNESDAY</b> 8:AM-1:PM 4:PM-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