

## Club Hours

Mon-Thurs 5:00AM–12:00 am

Fri: 5:00AM-9:00PM

Sat 8:00AM-7:00PM

Sun 9:00AM-7:00PM



## Ware Rd. Group Exercise Schedule

4037 W. Expressway 83 (Ware Rd)

Edinburg, TX 78539

trufitathleticclubs.com

956-627-6631

| MONDAY                                     | TUESDAY                                     | WEDNESDAY                                    | THURSDAY                                 | FRIDAY   | SATURDAY                                |
|--|---|--|--|--|---|
| <u>5:15 AM</u><br>CYCLING<br>MARY JO       | <u>5:15 AM</u><br>TRU GRIT<br>MAGGIE        | <u>5:15 AM</u><br>CYCLING<br>MARY JO         | <u>5:15 AM</u><br>TRU GRIT<br>MAGGIE     | <u>5:15 AM</u><br>CYCLING<br>MARY JO           | <u>9:00 AM</u><br>CYCLING<br>MAGGIE     |
| <u>8:45 AM</u><br>HIIT<br>ALEX             | <u>8:45 AM</u><br>SUPER SCULPT<br>CICI      | <u>8:45 AM</u><br>STRONG BY<br>ZUMBA<br>ALEX | <u>8:45 AM</u><br>CARDIO SCULPT<br>ALEX  | <u>8:45 AM</u><br>STRONG BY<br>ZUMBA<br>STACEY |   |
| <u>8:45 AM</u><br>CYCLING<br>MAGALY G.     | <u>8:45 AM</u><br>CYCLING<br>MAGGIE         | <u>8:45 AM</u><br>CYCLING<br>MAGALY G.       | <u>8:45 AM</u><br>CYCLING<br>MAGALY G.   | <u>8:45 AM</u><br>CYCLING<br>MAGALY G.         | <u>10:00 AM</u><br>CYCLING<br>MAGALY. G |
| <u>9:45 AM</u><br>ZUMBA<br>MAGALY V.       | <u>9:45 AM</u><br>ZUMBA<br>ALEX             | <u>9:45 AM</u><br>YOGA<br>ISSAC              | <u>9:45 AM</u><br>ZUMBA<br>ALEX          | <u>9:45 AM</u><br>YOGA<br>ISSAC                | <u>10:45 AM</u><br>TRU GRIT<br>MONICA   |
| <u>9:45 AM</u><br>CYCLING<br>ALEX          | <u>9:45 AM</u><br>CYCLING<br>MAGGIE         | <u>9:45 AM</u><br>CYCLING<br>ALEX            | <u>9:45 AM</u><br>CYCLING<br>MAGGIE      | <u>9:45 AM</u><br>CYCLING<br>MAGALY G.         |   |
| <u>5:45 PM</u><br>ATHLETIC<br>STEP<br>CICI | <u>5:45 PM</u><br>PUNCH &<br>STRIKE<br>CICI | <u>5:45 PM</u><br>HIIT<br>MONICA             | <u>5:45 PM</u><br>TRIPLE BLAST<br>MONICA | <u>5:45 PM</u><br>ZUMBA<br>ANDY                |   |
| <u>5:45 PM</u><br>CYCLING<br>MARY JO       | <u>5:45 PM</u><br>CYCLING<br>MARISSA        | <u>5:45 PM</u><br>CYCLING<br>MARY JO         | <u>5:45 PM</u><br>CYCLING<br>MARISSA     | <u>5:45 PM</u><br>CYCLING<br>MARY JO           |   |
| <u>6:45 PM</u><br>DANCE<br>FITNESS<br>CICI | <u>6:45 PM</u><br>PILATES<br>CICI           | <u>6:45 PM</u><br>TRU GRIT<br>MONICA         | <u>6:45 PM</u><br>PILATES<br>CICI        | <u>6:45 PM</u><br>HIIT<br>MONICA               |   |
| <u>6:45 PM</u><br>CYCLING<br>MARISSA       | <u>6:45 PM</u><br>CYCLING<br>MARISSA        | <u>6:45 PM</u><br>CYCLING<br>MARISSA         | <u>6:45 PM</u><br>CYCLING<br>BECKY       |  |   |
| <u>7:45 PM</u><br>ZUMBA<br>MICHAEL         | <u>7:45 PM</u><br>ZUMBA<br>ANDY             | <u>7:45 PM</u><br>ZUMBA<br>MICHAEL           | <u>7:45 PM</u><br>DANCE FITNESS<br>CICI  |  |   |
|  |   |  |  |  |   |
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