

**SPORTFIT** Laurel Racquet and Health Club  
 204 Fort Meade Road Laurel, MD  
 (301) 953-1414

**FALL  
2019**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Cycle 6:15-7:00 AM <b>Lynn</b>		Cycle 6:15-7:00 AM <b>Lynn</b>		Spin 8:00-9:00 AM <b>Sharon</b>	Spin <b>8:30-9:30AM</b> <b>Crystal</b>
Step Jam 9:30-10:15 AM <b>Gina</b>	Circuit 8:45 -9:30 AM <b>Gina</b>	Cycle 9:30-10:30 AM <b>Daniele</b>		Cardio Kettle Bells 9:30-10:30 AM <b>Pre</b>	Kickboxing 8:00-8:45 AM <b>Stacy</b>	Beach Body Strength 9:30-10:30 AM <b>Denise</b>
Beach Body Strength 10:15-11:00 AM <b>Gina</b>	<b>Booty Barre</b> <b>9:30 – 10:30</b> <b>Gina</b>	Sculpt 10:30-11:30 AM <b>Pre</b>	Zumba 9:30-10:15 AM <b>Gina</b>	Yoga 10:30-11:30 AM <b>Kai</b>	<b>Yoga</b> <b>9:00-10:15</b> <b>Sharon</b>	Basic Step 10:30-11:30 AM <b>Denise</b>
On the Ball 12:30-1:30 PM <b>Tiffany</b>	Yogalates 10:30 – 11:45AM <b>Kai</b>		Box & Bag 10:15-11:00 AM <b>Gina</b>		TRX 10:15-11:00 AM <b>Sharon</b>	
Core Challenge 5:15-5:30 PM <b>Pre</b>	<b>Guts and Butts</b> <b>6:00-6:30 PM</b> <b>Crystal</b>		Core Challenge 5:15 -5:30 PM <b>Pre</b>		<b>Step Jam</b> <b>10:15 – 11:00</b> <b>Gina</b>	
Beach Bodies 5:30 -6:30 PM <b>Pre</b>	Spin <b>6:30-7:30</b> <b>Crystal</b>	Pilates 5:30-6:30 PM <b>Sharon</b>	Body Construction 5:30-6:30 PM <b>Pre</b>			
Spin 6:30-7:30 PM <b>Sharon</b>		Spin <b>6:30 – 7:30 PM</b> <b>Sharon</b>				
Cardio Kettle Bells 6:30-7:30 PM <b>Pre</b>	Insanity 6:30-7:30 PM <b>Pre</b>	Step Jam 6:30-7:30 PM <b>Pre</b>	Blaze 6:30 – 7:30 PM Marquita	<p align="center"><b>CLUB HOURS</b>                      Monday thru Friday 5:00AM – 11:00PM                      Saturday 7:30 AM – 7:30PM                      Sunday 7:30AM – 7:30PM</p> <p align="center"><b>CHILDCARE HOURS</b>                      Monday 9:00AM-1:30PM                      5:00PM-8:30PM                      Tues., Wed, Thursday 9:00AM-1:00PM                      5:00PM-8:30PM                      Friday 9:00AM-1:00PM                      5:00PM-8:00PM                      Saturday 8:00AM-1:00PM                      Sunday 8:30AM-1:00PM</p> <p align="center"><b>LIKE US ON FACEBOOK!</b>  <a href="http://www.sportfitclubs.com">www.sportfitclubs.com</a></p>		
	Cross Training 7:30-8:45 PM <b>Tiffany</b>	<b>Happy Hour Box</b> <b>7:30 – 8:30 PM</b> <b>Stacey</b>	Cross Training 7:30 – 8:30 PM Tiffany			
Yoga 7:30- 8:45 PM <b>Sharon</b>		Restorative Yoga 8:30 – 9:45 Sharon				

