



Group Fitness Class Schedule

Culpeper Sport & Racquet Club

540-825-0000



Classes are FREE for ALL FITNESS MEMBERS

MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY
9:00-10:00 Aerobics		9:00-10:00 Aerobics			9:00-10:00 Aerobics	9:00-10:00 KIDS FIT
5:45 -6:25 Spin Class	5:45-6:45 Body Sculpt	5:45-6:30 Intro to Yoga	5:45 -6:25 Spin Class	5:45 -6:25 Spin Class		
6:30-8:00 Tae Kwon Do		6:30-7:15 ZUMBA Class		6:30-8:00 Tae Kwon Do		