

# GROUP FITNESS SCHEDULE

VISIT OUR WEBSITE FOR UP TO DATE SCHEDULES AND POLICIES

## KID ZONE HOURS:

MON-FRI: 8AM-2PM • MON-FRI: 5-8PM • SAT & SUN: 8AM-12PM

**COPPERMINE**  
RACQUET & FITNESS

1420 CLARKVIEW ROAD  
BALTIMORE, MD 21209

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am (45min) COPPERMINE SPIN Lauren Z	6:15am (45min) COPPERMINE SPIN Courtney	6:15am (45min) BARRE Courtney Studio A	6:15am (45min) COPPERMINE SPIN Nina	6:15am (45min) BARRE Courtney Studio A		
8:30am (60min) COPPERMINE SPIN Allison	7:30am (45min) ABSOLUTE AB'S Courtney Studio A	7:15am (45min) COPPERMINE SPIN Allison		7:15am (45min) COPPERMINE SPIN Courtney	8:00am (45min) BARRE Lauren Z Studio A	
	8:15am (45min) BARRE Allison Studio A	8:30am (45min) BARRE Courtney Studio A	8:15am (45min) ATHLETIC STEP Allison Studio A	8:30am (45min) COPPERMINE SPIN Allison	8:00am (60min) COPPERMINE SPIN Brian	8:30am (45min) BARRE Courtney Studio A
8:30am (45min) CARDIO BOX Lindsay Studio A		8:30am (45min) COPPERMINE SPIN Allie	9:00am (45min) OUTDOOR RUN Allison Studio A	8:30am (45min) BARRE Courtney Studio A	9:00am (60min) GROUP STRENGTH Brian Studio A	8:30am (45min) COPPERMINE SPIN Nina
9:45am (45min) BARRE Jen Studio A	9:30am (45min) BARRE-LATES Courtney Studio A	9:30am (60min) STEP 360 Regina Studio A		9:30am (45min) BARRE Courtney Studio A	9:15am (45min) COPPERMINE SPIN Lauren Z	9:30am (45min) COPPERMINE SPIN Courtney
	9:30am (60min) COPPERMINE SPIN Allie		9:30am (60min) SPIN CROSS Lindsay <i>Tennis Shoes Required</i>			
11:00am (60min) PILATES Anne Studio A						10:30am (60min) GROUP STRENGTH Melissa Studio A
12:15pm (45min) INSANITY Lindsay Studio A	12:15pm (45min) WEIGHTS & AB'S Courtney Studio A	11:00am (60min) PILATES Amy M Studio A	12:15pm (45min) COPPERMINE SPIN Allie	12:15pm (45min) RESULTZ ADULT FITNESS Chris P - Turf Paid Program*		
		12:15pm (45min) RESULTZ ADULT FITNESS Chris P - Turf Paid Program*	12:15pm (45min) WEIGHTS & AB'S Courtney Studio A			
6:00pm (45min) COPPERMINE SPIN Sloane	6:15pm (45min) COPPERMINE SPIN Allie		5:15pm (45min) BARRE Lauren Z Studio A			
6:00pm (60min) BODY BLAST Eddie Studio A	6:30pm (60min) GROUP STRENGTH Melissa Studio A	6:00pm (60min) COPPERMINE SPIN Lindsay	6:15am (45min) COPPERMINE SPIN Lauren Z			

\*Paid Program: Executive Fit Camp - \$15 Drop-In or \$80 for 8 Class Package

Schedule Effective: January 31st, 2019