

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 | 6:15am (45min) COPPERMINE SPIN Nina | 6:15am (45min) BARRE Courtney | | |
| 6:15am (45min) BARRE Jen | 7:30am (45min) ABSOLUTE AB'S Courtney | 7:15am (45min) COPPERMINE SPIN Allison | | 7:15am (45min) COPPERMINE SPIN Courtney | 8:00am (45min) BARRE Lauren Z | |
| 8:30am (60min) COPPERMINE SPIN Allison | 8:15am (45min) BARRE Allison | 8:30am (45min) BARRE Courtney | 8:15am (45min) ATHLETIC STEP Allison | 8:30am (45min) COPPERMINE SPIN Allison | 8:00am (60min) COPPERMINE SPIN Brian | 8:30am (45min) BARRE Courtney |
| 8:30am (45min) CARDIO BOX Lindsay | | 8:30am (45min) COPPERMINE SPIN Cynthia | 9:00am (45min) OUTDOOR RUN Allison | 8:30am (45min) BARRE Courtney | 9:00am (60min) GROUP STRENGTH Brian | 8:30am (45min) COPPERMINE SPIN Nina |
| 9:45am (45min) BARRE Varies | 9:30am (45min) BARRE-LATES Courtney | 9:30am (60min) STEP 360 Regina | | 9:30am (45min) BARRE Courtney | 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 | | | | | | 10:30am (60min) GROUP STRENGTH Melissa |
| 12:15pm (45min) INSANITY Lindsay | 12:15pm (45min) WEIGHTS & AB'S Courtney | 11:00am (60min) PILATES Amy M | 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 | | | |
| 6:00pm (45min) COPPERMINE SPIN Nina/Lauren | 6:15pm (45min) COPPERMINE SPIN Brittany | | 5:15pm (45min) BARRE Lauren Z | | | |
| 6:00pm (60min) BODY BLAST Eddie | 6:30pm (60min) GROUP STRENGTH Melissa | 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: May 12th, 2019