

GROUP FITNESS SCHEDULE

VISIT OUR WEBSITE OR CALL THE CLUB FOR UP-TO-DATE SCHEDULES

CLUB HOURS:

MONDAY-FRIDAY 6:00AM TO 10:00PM • SATURDAY & SUNDAY 7:00AM TO 7:00PM

COPPERMINE
RACQUET & FITNESS

1726 REISTERSTOWN ROAD
PIKESVILLE, MD 21208

410-653-0166

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30am (60min) CARDIO & STEP Marilyn	9:00am (60min) CARDIO & TONE Marcia	9:30am (60min) CARDIO COMBO Dwayne	9:00am (60min) CARDIO & STEP Marcia	9:30am (60min) CARDIO & TONE Marilyn	9:00am (60min) ABB BLAST Rhonda	8:00am (60min) PILATES Ruth
10:30am (60min) KICK BOX & SCULPT Tyrone	10:00am (60min) YOGA BASICS Daniel				10:00am (60min) ZUMBA Zumba Staff	9:00am (60min) CARDIO COMBO Marilyn
					11:00am (60min) BODY BLAST Dwayne	
6:00pm (60min) POWER YOGA Daniel	6:00pm (60min) CARDIO & TONE Dwayne	6:00pm (60min) BODY SHAPE Nya	6:30pm (60min) YOGALATES Sandy	6:00pm (60min) "HAPPY HOUR" SPIN Dwayne		
	7:00pm (60min) KICK BOX & SCULPT Tyrone					

Schedule Effective: November 12, 2018