

**Class Hotline**  
 TEL 615-837-8900  
 FAX 615-837-9753

# Nashville Athletic Club

CLASS Schedule Summer 2018  
 Rebecca McCloud- GROUP FITNESS DIRECTOR

## MONDAY

**Cycling**  
 5:45am – 6:45am  
 Instructor - Ginna

**TBW**  
 5:45am – 6:45am  
 Kempson (Money)

**Cycling**  
 5:30pm – 6:30pm  
 Instructor:  
 Kempson  
 (Money)

**Kickboxing**  
 5:30pm-6:30pm  
 Instructor: Mary

**Piyo**  
 6:30pm-7:30  
 Instructor Lynn

## TUESDAY

**Hiits**  
 5:45am – 6:45am  
 Instructor Felicia

**Body Pump**  
 5:30-pm-6:30pm  
 Instructor: Rebecca

**Zumba**  
 6:30pm-7:30pm  
 Instructor: Lou

**Cycling**  
 6:45pm – 7:45pm  
 Instructor: Rebecca

## WEDNESDAY

**Cycling**  
 5:45am-6:45am  
 Instructor Felicia

**Kickboxing**  
 4:30pm -5:30pm  
 Instructor Alberto

**Triple Fit**  
 5:30pm-6:30pm  
 Instructor: Jenny

**Core 30**  
 6:30pm – 7:00pm  
 Instructor Jenny

**Cycling**  
 5:30 – 6:30pm  
 Sharon

**Yoga**  
 7:00pm – 8:00pm  
 Emily

## THURSDAY

**Hiits**  
 6:00am-7:00am  
 Instructor: Mary

**BP**  
 5:30pm-6:30pm  
 Instructor: Lynn

**Cycling**  
 6:30pm-7:30pm  
 Instructor Lucky

**Step**  
 6:30pm – 7:30pm  
 Instructor Lynn

## FRIDAY

**Cycling**  
 6:00am-6:45am  
 Instructor: Rebecca

**Core 15**  
 6:45am – 7:00am  
 Instructor Rebecca

**Dance Fitness**  
 5:45pm – 6:45pm  
 Instructor

## SATURDAY

**Barre/Pump**  
 9:00am-10:00am  
 Instructor:  
 Rebecca

**Cycling**  
 10:15am-11:15a  
 m  
 Instructor:  
 Rebecca

**Zumba**  
 10:15am  
 -11:15am  
 Instructor:  
 Alberto