

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

# Nashville Athletic Club



CLASS Schedule Winter 2019  
 Rebecca McCloud– GROUP FITNESS DIRECTOR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b><u>Cycling</u></b>            5:45am – 6:45am            Instructor - Ginna</p> <p><b><u>TBW</u></b>            5:45am – 6:45am            Kempson (Money)</p> <p><b><u>Barre</u></b>            4:30pm-5:30pm            Amy</p> <p><b><u>Cycling</u></b>            5:30pm – 6:30pm            Instructor: Jenny</p> <p><b><u>Kickboxing</u></b>            5:30pm-6:30pm            Instructor: Mary</p> <p><b><u>Pivo</u></b>            6:30pm-7:30            Instructor Lynn</p>	<p><b><u>Hiits</u></b>            5:45am – 6:45am            Instructor Felicia</p> <p><b><u>Body Pump</u></b>            5:30-pm-6:30pm            Instructor: Rebecca</p> <p><b><u>Zumba</u></b>            6:30pm-7:30pm            Instructor: Lou</p> <p><b><u>Cycling</u></b>            6:45pm – 7:45pm            Instructor: Rebecca</p>	<p><b><u>Cycling</u></b>            5:45am-6:45am            Instructor Felicia</p> <p><b><u>Kickboxing</u></b>            4:30pm -5:30pm            Instructor Alberto</p> <p><b><u>Triple Fit</u></b>            5:30pm-6:30pm            Instructor: Jenny</p> <p><b><u>Core 30</u></b>            6:30pm – 7:00pm            Instructor Jenny</p> <p><b><u>Cycling</u></b>            5:30 – 6:30pm            Sharon</p> <p><b><u>Yoga</u></b>            7:00pm – 8:00pm            Emily</p>	<p><b><u>Hitts</u></b>            6:00am-7:00am            Instructor: Mary</p> <p><b><u>BP</u></b>            5:30pm-6:30pm            Instructor: Lynn</p> <p><b><u>Cycling</u></b>            6:30pm-7:30pm            Instructor Lucky</p> <p><b><u>Step</u></b>            6:30pm – 7:30pm            Instructor Lynn</p>	<p><b><u>Cycling</u></b>            6:00am-6:45am            Instructor: Rebecca</p> <p><b><u>Core 15</u></b>            6:45am – 7:00am            Instructor Rebecca</p> <p><b><u>Dance Fitness</u></b>            5:45pm – 6:45pm            Instructor</p>	<p><b><u>Barre/Pump</u></b>            9:00am-10:00am            Instructor:            Rebecca</p> <p><b><u>Cycling</u></b>            10:15am-11:15am            Instructor:            Rebecca</p> <p><b><u>Zumba</u></b>            10:15am -            11:15am            Instructor: Alberto</p>	