



## CLASS SCHEDULE

California, MD

### GROUP EX STUDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BODYPUMP 10:00 - 11:00 am	YOGA 6:00 - 7:00 am	BODYCOMBAT 9:00 - 10:00 am	(TBC) Circuit 9:00 - 9:45 am	BODYCOMBAT 9:00 - 10:00 am	SH1FT 9:00 - 9:45 am
	ZUMBA / Dance 11:00 - 12:00 pm	Abs and Upper 9:30 - 10:00 am followed by Spin	BODYPUMP 10:00 - 11:00 am	barre 11:00 - 12:00 pm	ZUMBA 10:00 - 11:00 am	BODYPUMP 10:00 - 11:00 am
	ZUMBA 5:00 - 6:00 pm	Tai Chi 11:00 - 12:00 pm	ZUMBA / Dance 11:00 - 12:00 pm	Dance/Cardio 5:00 - 6:00 pm		
	BODYPUMP 6:00 - 7:00 pm	BODYCOMBAT 5:00 - 6:00 pm	BODYPUMP 5:00 - 6:00 pm	Athletic Stretch 6:00 - 7:00 pm		
			YOGA 6:00 - 7:00 pm			

### SPIN STUDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30/30 Spin & Abs 9:30 - 10:30 am	SPINNING 9:15 - 9:45 am	SPINNING 5:30 - 6:15 am	SPINNING 6:00 - 7:00 pm	SPINNING 5:30 - 6:15 am	SPINNING 10:00 - 11:00 am	SPINNING 9:00 - 10:00 am
	SPINNING 5:00 - 6:00 pm	SPINNING 10:00 - 11:00 am		SPINNING 10:00 - 11:00 am		
				SPINNING 5:00 - 6:00 pm		

### WORLD GYM ATHLETICS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	ATHLETICS 4:30 - 5:30 pm	ATHLETICS 10:00 - 11:00 am 4:30 - 5:30 pm	ATHLETICS 4:30 - 5:30 pm	ATHLETICS 10:00 - 11:00 am 4:30 - 5:30 pm		

### KIDS WORLD HOURS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00 - 12:00pm 4:00 - 8:00pm	9:00 - 12:00pm 4:00 - 8:00pm	9:00 - 12:00pm 4:00 - 8:00pm	9:00 - 12:00pm 4:00 - 8:00pm	9:00 - 12:00pm 4:00 - 8:00pm	9:00 - 12:00pm

World Gym California, MD  
 Group Ex Coordinator  
 Mary Ransford  
[mransford@fitmancorp.com](mailto:mransford@fitmancorp.com)