



Drop in to any adult fitness class for \$20, your first class is FREE!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45a-6:50a Masters Swim	5:45a-6:50a Masters Swim	5:45a-6:50a Masters Swim	5:45a-6:50a Masters Swim	5:45a-6:50a Masters Swim	5:45a-7:00a Masters Swim	
		5:30a-6:45a Bike Workout	6:00a-7:15a Tri-Track (Clint Small MS)	5:30a-6:45a Bike Workout			6:30-7:45a Masters Swim
MORNINGS	6:00a-6:50a Strength & Conditioning		6:00a-6:50a Strength & Conditioning		6:00a-6:50a Strength & Conditioning		
	7:30a-8:20a Strength & Conditioning		7:30a-8:20a Strength & Conditioning		7:30a-8:20a Strength & Conditioning		
		7:00a-8:15a Bike Workout		7:00a-8:15a Bike Workout		Group Bike Time and Location Varies	7:00a-9:00a Group Run Town Lake
						10:00a-10:50a Strength & Conditioning	
MIDDAYS	12:00p-12:50p Strength & Conditioning		12:00p-12:50p Strength & Conditioning		12:00p-12:50p Strength & Conditioning		
	12:20p-1:20p Masters Swim			12:20p-1:20p Masters Swim	12:20p-1:20p Masters Swim		
EVENINGS							
		5:00p-5:50p Strength & Conditioning		5:00p-5:50p Strength & Conditioning			
		6:00p-7:15p Bike Workout		6:00p-7:15p Bike Workout			



Group Class Calendar

www.aasa-atx.com | 512-276-2324

View class schedules, reserve your space, and more!