



7922 S. Broadway, Tyler TX 75703
 (903) 509-4269
 www.xtremetc.com

Class Schedule - February

Group X class descriptions on back

	Monday				Tuesday			Wednesday				Thursday			Friday		Saturday
5:15 AM	cardio kickboxing	barbell blast	cardio kickboxing	yoga	cardio kickboxing	barbell blast	cardio kickboxing	barbell blast	cardio kickboxing	yoga	cardio kickboxing	barbell blast					
6:00 AM	cycle				cycle			cycle				cycle			cycle		
8:00 AM																	yoga - warrior
8:30 AM	yoga - ocean	step fusion	piyo		yoga - gentle waves	step blast	yoga				yoga - mountain				XTC cycle		
9:30 AM	zumba				barbell blast			XTC power hour				barbell blast			zumba		cardio kickboxing
10:30 AM																	kids cardio box
11:30 AM																	MMA
12 noon	cardio kickboxing	cycle	cardio kickboxing	cycle	cardio kickboxing				cardio kickboxing	cycle	cardio kickboxing	cycle	cardio kickboxing	cycle			
4:30 PM	kids crazy cardio				yoga							Xtreme core yoga	kids crazy cardio				
5:30 PM	zumba	kids cardio box	cycle	mat pilates	Xtreme core yoga	interval blast	kids cardio box	yoga	kids cardio box	step fusion	cycle	piyo	kids cardio box	interval blast	cycle	zumba	
5:30/6:00					kids zumbatomic (little stars 5:30-5:50) (big stars 5:50-6:20)												
6:00 PM	cardio kickboxing				cardio kickboxing			cardio kickboxing				cardio kickboxing			cardio kickboxing		
6:30 PM	piloxing - 6th & 20th power hour - 13th & 27th			barbell blast	cycle	zumba (sports perf. room)		piloxing				cycle	barbell blast				
7:00 PM	MMA	cardio kickboxing	cardio kickboxing			MMA	cardio kickboxing	cardio kickboxing									

* This class schedule is for the month of Feb. Classes and times are subject to change in order to meet the needs of members and staff

* Childcare hours: Mon-Fri 8am - 1pm and 3:30 - 8pm; Sat 8am - 1pm

* Adult classes are ages 15+

* Tuesday Kids Zumbatomic - little stars (age 4-7) is 5:30-5:50pm & big stars (age 8-14) is 5:50-6:20pm. Zumba kids up to 12 must be checked in & out at XTC Kids room