

ALBUQUERQUE COUNTRY CLUB FITNESS & CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	Fitness Room Opens	Fitness Room Opens	Fitness Room Opens	Fitness Room Opens	Fitness Room Opens	Fitness Room Opens	Fitness Room Opens
6:00 AM	Fitness Room Closed						
6:30 AM			Laura Bresson Conditioning 6:00 - 7:00 am		Laura Bresson Yoga Based Stretching 6:00 - 7:00 am		
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM						Laura Bresson Conditioning 9:00 - 10:00 am	
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							FREE Yoga Class
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM		Doug MacLeod Yoga 4:00 - 5:00 pm		Doug MacLeod Yoga 4:00 - 5:00 pm			
4:30 PM							
5:00 PM			Doug MacLeod Tai Chi & Chi-Gong 5:00 - 6:00pm				
5:30 PM	Fitness Room Closed						
6:00 PM							
6:30 PM							
7:00 PM		Fitness Room Closed					
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM			Fitness Room Closed	Fitness Room closed	Fitness Room closed	Fitness Room closed	Fitness Room closed