



# Albuquerque Country Club Fitness

## Summer Class Schedule 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Fitness Room Opens 5:30pm</p>	<p>Fitness Room Opens 5:30pm</p>	<p>Fitness Room Opens 5:30pm</p>	<p>Fitness Room Opens 5:30pm</p>	<p>Fitness Room Opens 5:30pm</p>	<p>Fitness Room Opens 5:30pm</p>	<p>Fitness Room Opens 5:30pm</p>
	<p>Frank Cassanova Private Lesson 7:00 - 8:00 am</p>	<p>Frank Casanova Private Lesson 7:30am- 8:30 am</p>	<p>Frank Cassanova Private Lesson 7:30-9:30 am</p>	<p>Frank Cassanova Private Lesson 8:30-9:30 am</p>	<p>Frank Cassanova Yoga/Pilates 7:00-8:00 am</p>	
		<p>Patricia Walters (PJ) Yoga 1:30 -2:30 pm</p>	<p>Frank Cassanova Women's Boxing 3:00- 4:00 pm</p>	<p>Patricia Walters (PJ) Yoga 9:30 - 10:30 am</p>		
	<p>Fitness Room Closes 3:00 pm</p>				<p>Frank Cassanova Women's Boxing 2:00- 3:00 pm</p>	
		<p>Fitness Room Closes 5:00 pm</p>				
<p>Fitness Room Closes 8:00 pm</p>			<p>Fitness Room Closes 8:00 pm</p>	<p>Fitness Room Closes 8:00 pm</p>	<p>Fitness Room Closes 8:00 pm</p>	<p>Fitness Room Closes 8:00 pm</p>