



## THE ATHLETIC CLUB *at* HEATHROW COUNTRY CLUB

Monthly Class Schedule: MAY 2019 – **\*PLEASE NOTE:** Some classes may be interrupted due to the upgrade in progress of the classroom space. We apologize for any inconvenience. Thank you!

Powered by Athletic Apex

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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### AM

6:30 - 7:30 <b>Co-Ed Circuit</b> <i>Tony</i>		6:30 - 7:30 <b>Co-Ed Circuit</b> <i>Tony</i>		6:30 - 7:30 <b>Co-Ed Circuit</b> <i>Tony</i>	
	8:00 - 9:00 <b>APEX Pump</b> <i>Aixsia</i>		8:00 - 9:00 <b>APEX Pump</b> <i>Aixsia</i>		
9:00 - 10:00 <b>Ladies Circuit</b> <i>Tony</i>		9:00 - 10:00 <b>Ladies Circuit</b> <i>Tony</i>	10:00 - 11:00 <b>Yoga</b> <i>Chrystal</i>	9:00 - 10:00 <b>Ladies Circuit</b> <i>Tony</i>	9:00 - 10:00 <b>APEX Pump</b> <i>Bella</i>
11:00 - 12:00 <b>Mat Pilates</b> <i>Samyra</i>			11:00 - 12:00 <b>Mat Pilates</b> <i>Samyra</i>		

### PM

	12:00 - 1:00 <b>Yoga</b> <i>Chrystal</i>			12:30 - 1:30 <b>Young at Heart</b> <i>Leon</i>	
	1:00 - 2:00 <b>Ladies Circuit</b> <i>Aixsia</i>		1:00 - 2:00 <b>Ladies Circuit</b> <i>Aixsia</i>		
	2:00 - 3:00 <b>Young at Heart</b> <i>Leon</i>		2:00 - 3:00 <b>Young at Heart</b> <i>Leon</i>		
6:00 - 7:00 <b>Co-Ed Circuit</b> <i>Bella</i>		6:00 - 7:00 <b>Co-Ed Circuit</b> <i>Bella</i>	6:00 - 7:00 <b>Co-Ed Circuit</b>		

### OTHER DETAILS

#### Class Services

For Monthly Add On Class Services, contact Alexis Positano: [apositano@concertgolfclubs.com](mailto:apositano@concertgolfclubs.com).

#### Pricing

Monthly Classes: \$50 per month -- UNLIMITED classes!

Single Class: \$25 per class

#### Other Services

**For classes, personal training, Bionetics, or other services that Athletic Apex offers, contact Randall Hunt: [randall@athleticapex.com](mailto:randall@athleticapex.com).**

