

# Group Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am JUMPSTART <i>Jan</i>		8:30am BODY SCULPT <i>Jan</i>	8:30am HITT INTERVALS <i>Angela</i>			8:30am CANDEL LIGHT YOGA <i>Joy</i>
9:30am DUMBELL & BANDS <i>Vanessa</i>	9:30am BODY BLAST <i>Petala</i>	9:30-10:30am OPEN ROOM NO CLASS	9:30am BODY BLAST <i>Petala</i>		9:30am SCULPT & SWEAT <i>Julie</i>	9:30am ZUMBA <i>Kig</i>
10:30am SLOW FLOW YOGA <i>Barbara</i>	10:30am ZUMBA GOLD <i>Hugo</i>	10:30am VINYASA YOGA <i>Slywia</i>	10:30am ZUMBA GOLD <i>Hugo</i>	10:30am VINYASA YOGA <i>Joy</i>	10:30am BARRE <i>Danielle</i>	
11:30am ZUMBA GOLD <i>Hugo</i>	11:30am CHAIR YOGA <i>Matthew</i>	11:30am STRENGTH & BALANCE <i>Angel</i>	12:30pm FULL BODY <i>Phyllis</i>	11:30am ZUMBA GOLD SENATAO <i>Hugo</i>	11:30am ZUMBA <i>Hugo</i>	
12:30pm CHAIR YOGA <i>Erica</i>				11:30am STRENGTH & BALANCE <i>Hugo</i>		
5:30pm BODY SCULPT <i>Karyn</i>	5:30pm BUTTS & GUTTS <i>Petala</i>		5:30pm BARRE <i>Danielle</i>			
		6:30pm STEP & MORE <i>September</i>				

THE NEW  
**Boca Raton**   


---

**FITNESS**  
 CENTER

7561 N.Federal Hwy  
 Boca Raton, FL 33487  
 561-278-7111

