

GROUP FITNESS CLASS SCHEDULE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 JUMPSTART <i>Jan</i>		8:30 BODY SCULPTING <i>Jan</i>	8:30 AM HIIT INTERVALS <i>Angela</i>	8:30 BOOTCAMP <small>(in the CrossFit Room)</small>		8:30 CANDLE LIGHT FLOW <i>Joy</i>
9:30 Dumbbells& Bars <i>Vanessa</i>	9:30 BODY BLAST <i>Petala</i>		9:30 BODY BLAST <i>Petala</i>	9:00 MAT PILATES <i>Daniella</i>	9:30 SCULPT & SWEAT <i>Julie</i>	9:30 ZUMBA <i>Kig</i>
10:30 SLOW FLOW YOGA <i>Barbara</i>	10:30 ZUMBA GOLD <i>Hugo</i>	10:30 VINYASA FLOW YOGA <i>Slywia</i>	10:30 ZUMBA GOLD <i>Hugo</i>	10:30 VINYASA YOGA <i>Joy</i>	10:30 BARRE <i>Danilla</i>	
11:30 ZUMBA GOLD <i>Hugo</i>	11:30 CHAIR YOGA <i>Matthew</i>	11:30 STRENGTH & BALANCE <i>Angel</i>		11:30 ZUMBA GOLD SENATAO <i>Hugo</i>		
12:30 PM Chair Yoga <i>Erica</i>			12:30 FULL BODY <i>Phyllis</i>	12:30 PM STRENGTH & BALANCE <i>Hugo</i>		
					<p>*Class and or instructor is subject to change without notice. Classes are 55 min.</p>	
5:30 PM BODY SCULPT <i>Karyn</i>	5:30 PM BUTTS & Gutts <i>Petala</i>		5:30 PM BARRE <i>Daniella</i>		<p>BOCA RATON FITNESS CENTER 7561 N. Federal Hwy. Boca Raton, FL 33487 (561) 278-7111</p>	
		18:00 STEP and MORE <i>September</i>				