

GROUP FITNESS CLASS SCHEDULE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				8:00-8:45am HIGH INTENSITY BOOTCAMP	NEW CLASS ALERT  45min combo of weights/cardio	
8:30am JUMPSTART <i>Jan</i>		8:30AM BODY SCULPTING <i>Jan</i>	8:30 HIIT INTERVALS <i>Angela</i>			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>		9:30 SCULPT & SWEAT <i>Julie</i>	9:30am 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>	11:30AM	11:30 ZUMBA GOLD SENATAO <i>Hugo</i>		
12:30pm Chair Yoga <i>Erica</i>			12:30pm FULL BODY <i>Phyllis</i>	12:30 STRENGTH & BALANCE <i>Hugo</i>		
					<p>*Class and or instructor is subject to change without notice. Classes are 55 min.</p> <p style="text-align: center;">BOCA RATON FITNESS CENTER 7561 N. Federal Hwy. Boca Raton, FL 33487 (561) 278-7111</p>	
5:30 PM BODY SCULPT <i>Karyn</i>	5:30 PM BUTTS & Gutts <i>Petala</i>		5:30 PM BARRE <i>Daniella</i>			
		6:00pm STEP and MORE <i>September</i>				