

GROUP FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			NEW CLASS ALERT  45min, weight training with bursts of cardio intervals.	8:00-8:45am HIGH INTENSITY INTERVALS <i>Brenda</i>	8:30-9:30am HIGH INTENSITY INTERVALS <i>Brenda</i>	
8:30am JUMPSTART <i>Jan</i>		8:30am BODY SCULPTING <i>Jan</i>	8:30am HIIT INTERVALS <i>Angela</i>			8:30am CANDLE LIGHT FLOW <i>Joy</i>
9:30am Dumbbells& Bars <i>Vanessa</i>	9:30am BODY BLAST/LEGS <i>Petala</i>		9:30am BODY BLAST/UPPER <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 FLOW YOGA <i>Slywia</i>	10:30am ZUMBA GOLD <i>Hugo</i>	10:30am VINYASA YOGA <i>Joy</i>	10:30am BARRE <i>Danilla</i>	
11:30am ZUMBA GOLD <i>Hugo</i>	11:30am CHAIR YOGA <i>Matthew</i>	11:30am STRENGTH & BALANCE <i>September</i>	11:30am CHAIR YOGA <i>Matthew</i>	11:30am ZUMBA GOLD <i>Hugo</i>		
12:30pm Chair Yoga <i>Allie</i>			12:30pm FULL BODY <i>Phyllis</i>	12:30am STRENGTH & BALANCE <i>Angel</i>		
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>				

*Class and or instructor subject to change without notice. Classes are 55 min.
 **unless time is listed on the schedule.

BOCA RATON FITNESS CENTER
 7561 N. Federal Hwy. Boca Raton, FL 33487
 (561) 278-7111