

Busy Body Fitness Center Group Fitness Schedule



SEE FRONT DESK FOR DETAILS ON PRIVATE CLASSES
AND SPECIAL 4th OF JULY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM SPINNING Shannon <i>7/22-Sub:Stan</i>	5:30 AM Barbell Blast Shannon	5:30 AM SPINNING Shannon		5:30 AM HIIT Shannon <i>NO CLASS 7/19</i>		
	8:30 AM Zumba Samira <i>NO CLASS 7/2</i>	8:30 AM Cardio Burn Barre Vicky	8:30 AM Pilates Vicky	8:30 AM Zumba Samira <i>NO CLASS 7/5</i>	8:30 AM SPINNING Shannon <i>7/20-Sub:Stan</i>	
	9:30 AM SPINNING Walter	9:30 AM Mindful Mobility Matt		9:30 AM SPINNING Walter		9:30 AM SPINNING Bethe
9:30 AM HATHA Yoga Carole	9:30 AM Chisel & Sculpt Naameh <i>7/2 & 9-Sub:Grazi</i>			9:30 AM Cardio Sculpt Naamah ↑ <i>7/5&12-Sub:Grazi</i>	9:35 AM Barbell Blast Shannon <i>7/20-Sub:Bethe</i>	
10:30 AM Cardio Party Meryl	10:30 AM Dance Jam Vanessa <i>7/9-Sub:Jennie</i>	10:30 AM Cardio Sculpt Jan	10:30 AM Zumba Vicky	10:30 AM Dance Jam Trisha	10:35 AM Cardio Party Meryl	10:30 AM Vinyassa Yoga Debra
11:30 AM SILVER SNEAKERS Phyllis	11:30 AM Silver Sneakers Phyllis	11:30 AM Silversneakers Yogastretch Carol	11:45 AM BOOM (Seniors) Bebe (Meryl)	11:30 AM Seniors Chair Sculpt & Stretch Phyllis	11:45 AM Yoga Carole	
5:30 PM Butts & Guts Graziella	5:30 PM Power Core (Pilates based) Ivy (Daniella)	3:30-5:15 PM HIP-HOP KIDZ (Private Class)	5:30 PM P90X Diana			
	6:30 PM Zumba Vanessa <i>7/9-Sub:Bethe</i>	5:30 PM Barbell Blast Shannon	6:30 PM Zumba Vanessa			
7:00-10:00 PM <i>FREE</i> SALSA TRIAL! Open To All	7:30-10:00 PM SALSA (Private Class)	7:00-10:00 PM SALSA (Private Class)	7:30-10:00 PM SALSA (Private Class)	7:00-10:00 PM SALSA (Private Class)		

www.BusyBodyFitnessBoca.com

CLUB HOURS:

Monday-Friday: 24 HOURS
Saturday: Close at 8pm / Sunday: 6am-6pm

561-477-2723

KIDZ CLUB HOURS:

DAILY: SUBJECT
TO CHANGE.
PLEASE CALL
TO CONFIRM