

BUSYBODY

EST. MMIX

FITNESS CENTER

WEST BOCA

GROUP FITNESS SCHEDULE

SEPTEMBER

See front desk for details on private classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM SPINNING Shannon	5:30 AM Barbell Blast Shannon	5:30 AM SPINNING Shannon		5:30 AM PopPilates & Stretch Shannon		
8:30 AM Total Body Strength Paula	8:30 AM Zumba Samira	8:30 AM Cardio Burn Barre Vicky	8:30 AM Pilates Vicky	8:30 AM Zumba Samira	8:30 AM SPINNING Shannon	
	9:30 AM SPINNING Walter	9:30 AM Mindful Mobility Matt	9:30 AM Cardio Sculpt Naamah NEW!	9:30 AM SPINNING Walter		9:30 AM SPINNING Bethe
9:30 AM HATHA Yoga Carole	9:30 AM Chisel & Sculpt Naameh			9:30 AM Barbell Blast Tara NEW!	9:35 AM Barbell Blast Shannon	
10:30 AM Cardio Party Meryl	10:30 AM Dance Jam Vanessa	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 Bebe	11:30 AM Silver Sneakers Phyllis	11:30 AM Silver Sneakers Yoga Stretch Carol	11:45 AM BOOM (Seniors) Bebe	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	3:30-5:15 PM HIP-HOP KIDZ <i>(Private Class)</i>	5:30 PM Tae Tek Carolina NEW!			
	6:30 PM Zumba Vanessa	5:30 PM Barbell Blast Shannon	6:30 PM Zumba Vanessa			
7:00-10:00 PM FREE SALSA TRIAL! Open To All	7:30-10:00 PM SALSA <i>(Private Class)</i>	7:00-10:00 PM SALSA <i>(Private Class)</i>	7:30-10:00 PM SALSA <i>(Private Class)</i>	7:00-10:00 PM SALSA <i>(Private Class)</i>		

www.BusyBodyFitnessBoca.com

LES MILLS Coming Soon!

CLUB HOURS: 24 HOURS/DAY - 7 DAYS A WEEK

Holiday hours subject to change

561-477-2723

KIDZ CLUB HOURS:

DAILY:

8:00am-12:00pm

Mon.-Thurs: 4-7pm

Friday: 4-7pm