



WORK OUT LIVE FIERCE

GROUP FITNESS SCHEDULE

2025 JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM SPINNING Shannon	5:30 AM Body Pump 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 NO CLASS 1/3	8:30 AM SPINNING Shannon	
	9:30 AM SPINNING Walter		9:30 AM Sweat & Chisel Naamah	9:30 AM SPINNING Walter		9:30 AM SPINNING Bethe
9:30 AM HATHA Yoga Carole	9:30 AM Sweat & Chisel Naameh			9:30 AM Body Pump Tara	9:30 AM Body Pump 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 Total Body Blitz Grazi	5:30 PM Power Core (Pilates based) Ivy	3:30-5:15 PM HIP-HOP KIDZ (Private Class)	5:30 PM Tae Tek Carolina			
	6:30 PM Zumba Vanessa	5:30 PM Body Pump Shannon	6:30 PM Zumba Vanessa			
6:30 PM Samba Fitness Val		6:30 PM Barre Daniella		See front desk for details On private classes		

LES MILLS

BODY PUMP! FROM STRENGTH TO STRENGTH

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

*Holiday hours
subject to change*

561-477-2723

**Body Pump #131 Launch
Coming Soon!**

STAY TUNED FOR LAUNCH DATE!

KIDZ CLUB HOURS:

DAILY:

8:00am-12:00pm

Mon.-Thurs: 4-8pm

Friday: 4-7pm