

S.H.E. FITNESS

Studio

West Kendall Location

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM						*Spinning* Salam	
9:00 AM	Mixed Cardio Salam	*Pilates* Salam	Step'n Tone Salam	T.B.T. (Total Body Training) Natalie	*Barre* Salam	*Stretch Pilates* Salam	*Barre* Natalie (Call for info)
10:00 AM	Zumba Rebecca	*Seniors Pilates* Karla *Spinning* Salam	Latin Fusion Natalie	*Seniors Barre* Natalie/ *Spinning* Salam	Zumba Rebeca	TBA	
11:00 AM	Fit 4 Life Rebecca	Fit 4 Life Karla	Fit 4 Life Rebeca	Zumba Gold Rebeca	Fit 4 Life Rebeca		
5:30 AM	Step Sculpt Natalie	Lift It Baby Yarenis	H.I.I.T. Natalie	*Pilates* Natalie			
6:30 PM	*Spinning* Natalie Zumba Jackie	Zumba Yarenis	*Spinning* Natalie Dance Fitness Talia	Cardio Sculpt Natalie			
7:30 PM	Stretch Yoga Natalie	TBA	TBA	TBA			