



East Kendall Location

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM				*Pilates* Maru	Weight Training Karla	
8:00 AM	Circuit Training Natalie	*Pilates* Natalie	Step'n Tone Natalie	Cardioboxing Jenny	Muscle Training Natalie	*BARRE* Natalie
9:00 AM	Latin Dance Lien	Latin Mix Catalina	Zumba Vale	Latin Mix Catalina	Latin Dance Lien	Latin Fusion Natalie
9:30 AM	*Spinning* Natalie					
10:00 AM	T.B.T. Total Body Training Natalie	*Spinning* Natalie	Circuit Training Emilia	Body Ball Blast Lien	*Group Training* Natalie	*Spinning* Natalie
10:30 AM	Fit 4 Life At Prime Facilities		Fit 4 Life At Prime Facilities	Fit 4 Life At Prime Facilities	Fit 4 Life At Prime Facilities	
11:00 AM			*Senior Pilates* Karla			
12:00 PM	Fit 4 Life Natalie	Zumba Gold Vale	Fit 4 Life Karla	Zumba Gold Yari	Fit 4 Life Natalie	
4:30 PM	Body Step Karla		Cardio Beat			
5:30 PM	Circuit Training Oliver	H.I.I.T. Natalie	Cardioboxing Oliver	Step'n Tone Oliver		
6:30 PM	*Spinning* Carlos Dance Fitness Talia	Weight Training Natalie	*Spinning* Carlos Circuit Training Roberto	*Spinning* Carlos/ Dance Fitness Talia		