



## East Kendall Location

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM	TBA	TBA	TBA	*Pilates* Maru	Weight Training Karla	
8:00 AM	Circuit Training Natalie	*Pilates* Natalie	Step & Tone Natalie	Body Ball Blast Lien	Muscle Training Livan	*BARRE* Natalie
9:00 AM	Latin Dance Lien	Zumba Catalina	Cardio Dance Nelo	Cardio Dance Nelo	Latin Dance Lien	Latin Fusion Natalie
9:30 AM	*Spinning* Natalie					
10:00 AM	T.B.T. Natalie	*Spinning* Natalie	Power Cardio Nelo	Boot Camp Emilia	*Group Training* Natalie	*Spinning* Natalie
11:00 AM			*Senior Pilates* Karla			
12:00 PM	Fit 4 Life Natalie	Fit 4 Life Eli	Fit 4 Life Karla	Zumba GOLD Yarenis	Fit 4 Life Natalie	
4:30 PM	Mixed Cardio Eli	TBA	Mixed Cardio Lien	TBA		
5:30 PM	Circuit Training Livan	H.I.I.T. Natalie	Challenge Tone Oliver	Kickboxing Oliver		
6:30 PM	*Spinning* Carlos Dance Fitness Talia	Weight Training Natalie	*Spinning* Carlos Stretch Yoga Maru	*Spinning* Carlos Dance Fitness Talia	*Exclusive Membership Classes	