

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	Cardio Dance Nelo	*Seniors Pilates* Karla *Spinning* Salam	Latin Fusion Natalie	*Seniors Barre* Natalie/ *Spinning* Salam	Zumba Eli	TBA	
11:00 AM	Fit 4 Life Emilia	Fit 4 Life Karla	Fit 4 Life Natalie	Fit 4 Life Natalie	Fit 4 Life Eli		
5:30 AM	Step Sculpt Natalie	*Flow Yoga* Maru	H.I.I.T. Natalie	*Pilates* Natalie			
6:30 PM	*Spinning* Natalie Zumba Emilia	Cardio Funk Yarenis	*Spinning* Natalie/ Cardio Dance Talia	Cardio Sculpt Natalie			
7:30 PM	Stretch Yoga Natalie	TBA	TBA	TBA			