

GROUP FITNESS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
9:00am TABATA Studio A Instructor: Rita	8:30am PUMP Studio A Instructor: Noël	8:00am CYCLE 45 Studio C Instructor: Denise	8:30am PUMP Studio A Instructor: Noël	9:00am CARDIO SCULPT Studio A Instructor: Rita	9:00am BARRE Studio A Instructor: Sunnie	9:00am HATHA YOGA Studio B Instructor: Jared
9:30am CYCLE 45 Studio C Instructor: Carolina	9:30am CYCLE 45 Studio C Instructor: Debbie	9:00am TOTAL BODY CONDITIONING Studio A Instructor: Sandra	9:00am CYCLE 60 Studio C Instructor: Jacque	9:30am CYCLE 45 Studio C Instructor: Debbie	9:15am CYCLE 60 Studio C Instructor: Jacque	9:15am CYCLE 45 Studio C Instructor: Denise
10:00am VINYASA YOGA Studio B Instructor Marya	9:30am BARRE Studio B Instructor: Beatriz	9:00am CYCLE 60 Studio C Instructor: Jacque	10:00am ZUMBA Studio A Instructor: Beatriz	10:15am ZUMBA Studio A Instructor: Rafiki	10:15am VINYASA YOGA Studio B Instructor: Molly	10:00am TO THE RHYTHM Studio A Instructor: Katie J.
10:30am ZUMBA Studio A Instructor: Katie L.	9:30am TABATA Studio A Instructor: Rita	9:30am CARDIO BARRE Studio B Instructor: Rita	10:30am ZUMBA Studio A Instructor: Katie L.	10:30am GENTLE YIN YOGA Studio B Instructor: Debbie		
	11:00am SLOW FLOW YOGA Studio B Instructor: Marya	10:30am ZUMBA Studio A Instructor: Katie L.	11:00am GENTLE YOGA Studio B Instructor: Debbie	11:00am STRETCHING Studio A Instructor: Molly		
5:30pm PUMP Studio A Instructor: Noël/Jacque	5:30pm BARRE Studio B Instructor: Rachel	5:30pm POWER SCULPT Studio A Instructor: Jacque	5:30pm BARRE Studio B Instructor: Rachel			
5:30pm CYCLE 45 Studio C Instructor: Rita	6:00pm CYCLE 60 Studio C Instructor: Jacque	6:00pm HATHA YOGA Studio B Instructor: Jared	6:00pm TO THE RHYTHM Studio A Instructor: Katie J.			

All classes are 60 min with the exception of Cycle being 45 or 60 min.



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