

GROUP FITNESS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
<p>8:15am BODY SCULPT Studio A Instructor: KJ</p>	<p>8:30am Slow Flow Yoga Studio B Instructor: Deranda</p>	<p>8:15am STEP & SCULPT Studio A Instructor: KJ</p>	<p>8:30am Vinyasa Yoga Studio B Instructor: Deranda</p>	<p>8:15am BARRE Studio A Instructor: KJ</p>	<p>8:15am POWER SCULPT Studio A Instructor: Ron</p>	
			<p>9:15am INTERVAL CIRCUIT Studio A Instructor: KJ</p>			
		<p>9:30am MAT PILATES Studio B Instructor: Mosa</p>		<p>9:30am MAT PILATES Studio B Instructor: Mosa</p>		
<p>9:45am BARRE Studio A Instructor: KJ</p>	<p>9:45am INTERVAL CIRCUIT Studio A Instructor: KJ</p>	<p>9:45am CARDIO KICKBOX Studio A Instructor: KJ</p>			<p>9:45am DANCE FITNESS Studio A Instructor: Patty</p>	
			<p>10:30am ZUMBA Studio A Instructor: Natalia</p>			
<p>11:15am CARDIO SCULPT* Studio A Instructor: Mosa</p>						
<p>5:45pm CYCLE & PUMP Studio C Instructor: Sydney</p>	<p>5:45pm CARDIO SCULPT Studio A Instructor: Mosa</p>	<p>5:45pm CYCLE* Studio C Instructor: Cheryl</p>	<p>5:45pm BOOTCAMP Studio A Instructor: Sydney</p>			
	<p>6:15pm CYCLE * Studio C Instructor: Anthony</p>					
<p>7:00pm ZUMBA Studio A Instructor: MaryAnn</p>	<p>7:00pm ZUMBA Studio A Instructor: Shannon</p>	<p>7:00pm ZUMBA Studio A Instructor: MaryAnn</p>				

Most classes are 60 minutes. Classes that are 45 minutes are marked with a *



PALM BEACH
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