

# GROUP FITNESS SCHEDULE

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

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



PALM BEACH  
SPORTS CLUB