

GROUP FITNESS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
<p>8:30am VINYASA YOGA Instructor: Debbie</p>	<p>9:00am CARDIO SCULPT Instructor: Sandra</p>	<p>8:30am TABATA Instructor: Jen</p>	<p>9:00am CARDIO SCULPT Instructor: Sandra</p>	<p>9:00am PUMP Instructor: Jacque</p>	<p>9:00am STEP Instructor: Wendi</p>	
<p>10:00am MAT PILATES Instructor: Sandra</p>	<p>10:30am PUMP Instructor: Noël</p>	<p>9:45am STRETCH Instructor: Molly</p>	<p>10:00am TOTAL BODY CONDITIONING Instructor: Rita</p>	<p>10:00am VINYASA YOGA Instructor: Marya</p>	<p>10:15am ZUMBA Instructor: Rafiki</p>	
<p>5:00pm VINYASA YOGA Instructor: Debbie</p>	<p>6:00pm BOOTCAMP Instructor: Brittany</p>	<p>11:00am ZUMBA Instructor: Beatriz</p>	<p>11:00am SLOW FLOW YOGA Instructor: Marya</p>			
<p>6:00pm TO THE RHYTHM Instructor: Katie</p>	<p>7:00pm ZUMBA Instructor: Rafiki</p>	<p>6:00pm CARDIO KICKBOX Instructor: Brittany</p>	<p>6:00pm CARDIO PUMP Instructor: Wendi</p>			
			<p>7:15pm SWEAT&SWAGGER Instructor: Joanna</p>			



PALM BEACH
SPORTS CLUB