



GROUP FITNESS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
8:30 AM Jumpstart Jan		8:30 AM Jumpstart With Weights Jan	8:30 AM HIIT Intervals Angela	8:00 AM Body Blast Emilio	8:30 AM Vinyasa Flow Joy	8:30 AM Candle Light Flow Joy
9:30 AM Dumbbells & Bars Vanessa	9:30 AM Body Blast Petala	9:30 AM Intro to Zumba Hugo	9:30 AM Body Blast Petala	9:00 AM Mat Pilates Danielle	9:30 AM Cardio Fit Julie	9:30 AM Zumba Kig
10:30 AM Slow Flow Yoga Barbara	10:30 AM Zumba Gold Hugo	10:30 AM Vinyasa Flow Sylwia	10:30 AM Zumba Gold Hugo	10:30 AM Vinyasa Yoga Joy	10:30 AM Barre Daniella	10:30 AM Yogilattes September
11:30 AM Zumba Gold Hugo	11:30 AM Chair Yoga (Silver Sneakers) Erica	11:30 AM Strength & Balance Angel	11:30 AM Chair Yoga (Sliver Sneakers) Matthew	11:30 AM Zumba Gold Senatao Hugo	11:30 AM Zumba Hugo	11:30 AM Weights, Cardio, & More September
12:30 PM Chair Yoga (Silver Sneakers) Erica	12:30 PM Butts & Guts Petala		12:30 PM Weights, Cardio, & More Phyllis	12:30 PM Strength & Balance Hugo	Scan Below to Download Our schedule  All Classes are 55 Minutes Monday - Friday: 5am-10pm Saturday: 7am - 7pm Sunday: 7am - 5pm Palm Beach Gym 7561 N Federal Hwy, Boca Raton, FL 33487 (561) 278-7111	
1:30 PM Strength & Balance Hugo						
5:30 PM HIIT Body Sculpt Karyn	5:30 PM Butts & Guts Petala	6:30 PM HIIT Body Sculpt September	5:30 PM Barre Daniella			