


GROUP FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am JUMPSTART <i>Jan</i>		8:30am JUMPSTART w/ WEIGHTS <i>Jan</i>	8:30 HIIT INTERVALS <i>Angela</i>	8:30am BOOTCAMP (in the CrossFit Room)	8:30 VINYASA FLOW <i>Joy</i>	8:30 CANDLE LIGHT FLOW <i>Joy</i>
9:30 Dumbbells& Bars <i>Vanessa</i>	9:30 BODY BLAST <i>Petala</i>	9:30 OPEN ROOM <i>NO CLASS</i>	9:30 BODY BLAST <i>Petala</i>	9:00 MAT PILATES <i>Daniella</i>	9:30 SCULPT & SWEAT <i>Julie</i>	9:30am ZUMBA <i>Kig</i>
10:30 SLOW FLOW YOGA <i>Barbara</i>	10:30 ZUMBA GOLD <i>Hugo</i>	10:30 VINYASA FLOW YOGA <i>Slywia</i>	10:30 ZUMBA GOLD <i>Hugo</i>	10:30 VINYASA YOGA <i>Joy</i>	10:30 BARRE <i>Danilla</i>	10:30am FULL BODY <i>September</i>
11:30 ZUMBA GOLD <i>Hugo</i>	11:30 CHAIR YOGA <i>Erica</i>	11:30 STRENGTH & BALANCE <i>Angel</i>	11:30 CHAIR YOGA <i>Matthew</i>	11:30 ZUMBA GOLD SENATAO <i>Hugo</i>	11:30 ZUMBA <i>Hugo</i>	
12:30pm Chair Yoga <i>Erica</i>	12:30pm Butts & Gutts <i>Petala</i>		12:30pm FULL BODY <i>Phyllis</i>	12:30 STRENGTH & BALANCE <i>Hugo</i>		
1:30 PM STRENGTH & BALANCE <i>Hugo</i>					<p>*Class and or instructor is subject to change without notice. Classes are 55 minutes</p> <p><u>INSURANCE MEMBERSHIPS - PLEASE SEE THE FRONT DESK</u></p> <p>There is a \$15. monthly fee to participate in classes.</p> <div>  </div> <p>BOCA RATON FITNESS CENTER 7561 N. Federal Hwy. Boca Raton, FL 33487 (561) 278-7111 www.pbgyms.com</p>	
4:30 YOGA <i>Matthew</i>						
5:30 PM BODY SCULPT <i>Karyn</i>	5:30 PM BUTTS & Gutts <i>Petala</i>		5:30 PM BARRE <i>Daniella</i>			
		6:30pm STEP and MORE <i>September</i>				