

Gym Hours
 Monday - Friday: 5am-10pm
 Saturday: 6am-8pm Sunday: 8am-6pm



17 S Fort Lauderdale Beach Blvd R134
 Fort Lauderdale, FL 33316
 954-533-6455

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM		Vinyasa Flow Yoga Deb		Vinyasa Flow Yoga Deb		Vinyasa Flow Yoga Marilyn	
9:00 AM	Power Core TRX Eduardo	HIIT Ciara	Vinyasa Flow Yoga Melissa	HIIT Ciara	Bootcamp Diontae	HIIT Ciara	TRX Fit Nicole
10:00 AM					Vinyasa Flow Yoga David		Vinyasa Flow Yoga Melissa
6:00 PM		Zumba Zule	Bootcamp Eduardo	Zumba Kim	Bootcamp Eduardo		
7:00 PM				Vinyasa Flow Yoga Peggy			

All regular classes are 55 minutes and are included in gym membership. \$15 for non-members.