



SEMI-PRIVATE CLASS SCHEDULE

SPACE IS LIMITED, CALL TO RESERVE YOUR SPOT

321-725-2267

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30-7:30PM P60		6:30-7:30PM P60		
	7:30-8:30AM YOGA		7:30-8:30AM YOGA		
10-10:30AM CHAIR YOGA	8:30-9:30AM PILATES	9-10A QI GONG (DONATION CLASS)		9-10AM BEGINNER FITNESS	
10-11AM TRX		10-11AM TRX		10-11AM PILATES	10-11AM TRX
				11-12AM TRX	
	5:30-6:30PM PILATES		5:30-6:30PM YOGA		
	6-6:30PM MEN'S 300	6-6:30PM FUN RUN (COMPLIMENTARY RUNNING CLINIC)	6-6:30PM MEN'S 300		
6:30-7:30PM TRX	6:30-7:30PM TRX CIRCUIT	6:30-7:30PM TRX	6:30-7:30PM TRX CIRCUIT		

IF YOU DON'T SEE A CLASS THAT MEETS YOUR NEEDS PLEASE LET US KNOW!