

W.L.F.

WORK OUT LIVE FIERCE

GROUP FITNESS SCHEDULE

APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM SPINNING Shannon	5:30am Body Pump w/Shannon	5:30 AM SPINNING Shannon		5:30 AM PopPilates& Stretch Shannon		
	8:30am Zumba Samira	8:30 AM Cardio Burn Barre Vicky	8:30am Pilates Vicky		8:30 AM SPINNING Shannon	
	9:30 AM SPINNING Walter			9:30 AM SPINNING Walter		9:30 AM SPINNING Bethe
9:30 AM HATHA Yoga Carole	9:30am Sweat & Sculpt Naameh			9:30 AM Body Pump Tara	9:30 AM Body Pump Shannon	
10:30 AM Cardio Party Meryl	10:30 AM Zumba Vanessa	10:30 AM Cardio Sculpt Jan	10:30 AM Zumba Vicky	10:30 AM Dance Jam Trisha	10:35 AM Cardio Party Meryl	10:30 AM Vinyassa Yoga Debra
11:30 AM Silver Sneakers Bebe	11:30 AM Silver Sneakers Phyllis	11:30 AM Silver Sneakers Yoga Stretch Carol	11:45 AM BOOM (Seniors) Bebe	11:30 AM Seniors Chair Sculpt & Stretch Phyllis	11:45 AM Yoga Carole	
		3:30-5:15 PM HIP-HOP KIDZ (Private Class)			1:00 PM 9D Breathwork Marla Past  1st session is FREE Call or Text (917) 414-2504 to reserve your spot	NEW!
5:30 PM Yoga BarreLates Daniela	5:30 PM Core Fusion Ivy	5:30 PM Body Pump Shannon				
	6:30 PM Zumba Vanessa		6:30 PM Zumba Vanessa	See front desk for details On private classes		

CLUB HOURS: 24 HOURS/DAY - 7 DAYS A WEEK

Holiday hours subject to change

**9183 Glades Rd. Boca Raton, FL 33434
561-477-2723**

KIDZ CLUB HOURS:

DAILY:

8:00am-12:00pm

Mon.-Thurs: 4-8pm

Friday: 4-7pm