









# Busy Body Fitness Center Group Fitness Schedule



# APRIL

SEE FRONT DESK FOR DETAILS ON NEWLY ADDED PRIVATE CLASSES

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY                            | SUNDAY  |
|--|---|--|---|---|-------------------------------------|---|
| 5:30 AM<br>SPINNING<br>Shannon   | 5:30 AM<br>Barbell Blast<br>Shannon             | 5:30 AM<br>SPINNING<br>Shannon                     |    | 5:30 AM<br>HIIT<br>Shannon                                  |                                     |    |
|   | 8:30 AM<br>Zumba<br>Samira                      | 8:30 AM<br>Cardio Burn<br>Barre<br>Vicky           | 8:30 AM<br>Pilates<br>Vicky   | 8:30 AM<br>Zumba<br>Samira                                  | 8:30 AM<br>SPINNING<br>Shannon      |   |
|  | 9:30 AM<br>SPINNING<br>Walter                   |  |   | 9:30 AM<br>SPINNING<br>Walter                               |                                     | 9:30 AM<br>SPINNING<br>Bethe  |
| 9:30 AM<br>HATHA Yoga<br>Carole  | 9:30 AM<br>Chisel & Sculpt<br>Naameh            |  |  | 9:30 AM<br>Cardio Sculpt<br>Naamah                          | 9:35 AM<br>Barbell Blast<br>Shannon |   |
| 10:30 AM<br>Hip Hop<br>Seth  | 10:30 AM<br>Dance Jam<br>Vanessa                | 10:30 AM<br>Cardio Sculpt<br>Jan                   | 10:30 AM<br>Zumba<br>Vicky  | 10:30 AM<br>Dance Jam<br>Trisha                             | 10:35 AM<br>Cardio Party<br>Meryl   | 10:30 AM<br>Vinyassa Yoga<br>Debra  |
| 11:30 AM<br>SILVER<br>SNEAKERS<br>Phyllis  | 11:30 AM<br>Silver Sneakers<br>Phyllis          | 11:30 AM<br>Silversneakers<br>Yogastretch          | 11:45 AM<br>BOOM<br>(Seniors)<br>Bebe   | 11:30 AM<br>Seniors<br>Chair Sculpt &<br>Stretch<br>Phyllis | 11:45 AM<br>Yoga<br>Carole          |  |
| 5:30 PM<br>Butts & Guts<br>Graziella   | 5:30 PM<br>Power Core<br>(Pilates based)<br>Ivy | 3:30-5:15 PM<br>HIP-HOP<br>KIDZ<br>(Private Class) | 5:30 PM<br>Tae Tek<br>Carolina  |   |                                     |   |
|  | 6:30 PM<br>Zumba<br>Vanessa                     | 5:30 PM<br>Barbell Blast<br>Shannon                | 6:30 PM<br>Zumba<br>Vanessa   |   |                                     |  |
| 7:00-10:00 PM<br><b>FREE</b><br>SALSA TRIAL!<br>Open To All                        | 7:30-10:00 PM<br>SALSA<br>(Private Class)       | 7:00-10:00 PM<br>SALSA<br>(Private Class)          | 7:30-10:00 PM<br>SALSA<br>(Private Class)   | 7:00-10:00 PM<br>SALSA<br>(Private Class)                   |                                     |   |

[www.BusyBodyFitnessBoca.com](http://www.BusyBodyFitnessBoca.com)

**CLUB HOURS:**

**Monday-Friday: 24 HOURS**  
Saturday: Close at 8pm / Sunday: 6am-6pm

**561-477-2723**

**KIDZ CLUB HOURS:**

DAILY: SUBJECT  
TO CHANGE.  
PLEASE CALL  
TO CONFIRM