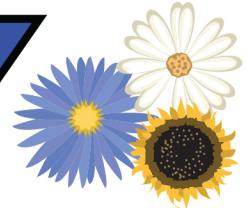


Busy Body Fitness Center Group Fitness Schedule



MAY



SEE FRONT DESK FOR DETAILS ON NEWLY ADDED PRIVATE CLASSES

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

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