

BUSYBODY

EST. MMIX

FITNESS CENTER

WEST BOCA

GROUP FITNESS SCHEDULE OCTOBER

See front desk for details on private classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM SPINNING Shannon	5:30 AM Body Pump Shannon NEW!	5:30 AM SPINNING Shannon		5:30 AM PopPilates & Stretch Shannon		
8:30 AM Total Body Strength Paula	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 Cardio Sculpt Naamah	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 Body Pump Tara NEW!	9:30 AM Body Pump 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 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	
5:30 PM Total Body 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 Body Pump Shannon NEW!	6:30 PM Zumba Vanessa			
6:30 PM Riobela Samba Fitness Val NEW!		6:30 PM Barre Daniella				

www.BusyBodyFitnessBoca.com

LES MILLS BODY PUMP IS HERE! See "New" Classes

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

Holiday hours
subject to change **561-477-2723**

Body Pump #130 Launch!
Saturday, October 26 at 9:30am

KIDZ CLUB HOURS:

DAILY:
8:00am-12:00pm
Mon.-Thurs: 4-8pm
Friday: 4-7pm