



HEALTHY LIVING GROUP CLASS SCHEDULE

South Dade



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
M O R N I N G	6-6:55 a.m. Total Body East Zeus	5:45-6:40 a.m. Spinning Spin Studio Doug	5:45-6:40 a.m. Spinning Spin Studio Leo	5:45-6:40 a.m. Spinning Spin Studio Doug	5:45-6:40 a.m. Spinning Spin Studio Leo	8-8:55 a.m. Total Body East Zeus	9-9:55 a.m. Total Body East Zeus
	8:15-9:10 a.m. Spinning Spin Studio Gio	7:30-8:25 a.m. Total Body East Margaret	6-6:55 a.m. Total Body East Margaret	6-6:55 a.m. Core Strength East Zeus	8:15-9:10 a.m. Spinning Spin Studio Alina	8-8:55 a.m. Spinning Spin Studio Doug	9-9:55 a.m. Spinning Spin Studio Melissa
	8:30-9:25 a.m. Cardio Kickbox East Leah	8:30-9:25 a.m. Total Body East Leah	8:15-9:10 a.m. Spinning Spin Studio Leah	7:30-8:25 a.m. Total Body East Margaret	8:30-9:25 a.m. Core Strength East Margaret	9-9:55 a.m. Hatha Yoga East Carla	10-10:55 a.m. Step & Strength East Jorge
	9:30-10:25 a.m. Spinning Spin Studio Doug	9:30-10:25 a.m. Spin & Strength Spin Room Gio	8:30-9:25 a.m. Zumba East Jocelyn	8:30-9:25 a.m. Total Body East Leah	9:30-10:25 a.m. Spinning Spin Studio Gio	9:15-10:10 a.m. Spinning Spin Studio Gio	11:00-11:50a.m. Yoga East Instructor Varies
	9:30-10:25 a.m. BodyPump East Gio	9:30-10:25 a.m. Total Body East Doug	9:30-10:25a.m. Spinning Spin Studio Doug	9:30-10:25 a.m. Spin & Strength Spin Room Gio	9:30-10:25 a.m. Vinyasa Yoga East Alex	10:00-10:55 a.m. Total Body East Leyla	
	10:30-10:25 a.m. HathaYoga/Pilates West/East Silvia/Margaret	10:30-11:25 a.m. Gentle Yoga West Grisell	9:30-10:25 a.m. BodyPump East Gio	9:30-10:25 a.m. STRONG East Mel	10:30-11:25 a.m. Mat Pilates East Margaret	10:30-11:25 a.m. Spin & Strength Spin Room Mayda	
	11:30-12:25 p.m. Silver Sneakers- Chair Yoga West/East Grisell/Silvia	10:30-11:25 a.m. Silver Sneakers- Cardio & Strength East Nathalia	10:30-10:25 a.m. HathaYoga/Pilates West/East Silvia/Margaret	10:30-11:25 a.m. Hatha Yoga West Silvia	11:30-12:25 p.m. Silver Sneakers- Cardio & Strength East Lilly	10:30-11:25 a.m. Silver Sneakers - Cardio & Strength West Nathalia	
	12-12:55 p.m. Spin & Strength Spin Room Nathalia	11:30-12:25 p.m. Zumba Gold East Nathalia	11:30-12:25 p.m. Silver Sneakers- Chair Yoga/Classic West/East Silvia/Margaret	10:30-11:25 a.m. Silver Sneakers- Cardio & Strength East Cindy	12-12:55 p.m. Silver Sneakers- Chair Yoga West Grisell	11-11:55 a.m. Zumba East Jackie	
	12:30-1:25 p.m. Silver Sneakers- Classic East Michael	11:30-12:25 p.m. Chair Yoga West Grisell	12-12:55 p.m. Spin & Strength Spin Room Nathalia	11:30-12:25 p.m. Zumba Gold East Rebecca	12:30-1:25 p.m. Silver Sneakers- Classic East Nathalia		
	12:30-1:25 p.m. Meditation West Grisell	12:30-1:25 p.m. Tai Chi West Grisell	12:30-1:25 p.m. Total Body East Mel				
E V E N I N G	1:30-2:25 p.m. Silver Sneakers- Cardio & Strength East Michael		1:00-1:55 p.m. Silver Sneakers- Cardio & Strength East Nathalia				
	4:30-5:25 p.m. Spin & Strength Spin Room Leo	4:30-5:25 a.m. Total Body East Lilly	4:30-5:25 p.m. Spin & Strength Spin Room Leo	4:30-5:25 a.m. Total Body East Leyla	5:30-6:25 a.m. Cardio Kickbox East Leyla		
	5:30-6:25 a.m. Zumba East Nathalia	5:30-6:25 a.m. Step & Strength East Jorge	5:30-6:25 a.m. Zumba East Nathalia	5:30-6:25 a.m. Step & Strength East Jorge	6:30-7:25 a.m. Yogilates East Maria		
	6-6:55 p.m. Spinning Spin Room Natasha	6-6:55 p.m. Spin & Strength Spin Room Leah	6-6:55 p.m. Spinning Spin Room Natasha	6-6:55 p.m. Spin & Strength Spin Room Alina			
	6:30-7:25 a.m. Mat Pilates/ Total Body West/East Lilly/Zeus	6:30-7:25 a.m. Zumba East Jocelyn	6:30-7:25 a.m. Mat Pilates/ BodyPump West/East Margaret/Nathalia	6:30-7:25 a.m. Zumba East Jocelyn			

Spinning

Active
Older Adults

Zumba