



Beachside

HEALTH STUDIO

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GROUP CLASS SCHEDULE

SPACE IS LIMITED, CALL TO RESERVE YOUR SPOT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-8AM FITNESS CIRCUIT	7-8:15A CIRCUIT/STRETCH FUSION W/ PAM	7-8AM FITNESS CIRCUIT	7-8:15A CIRCUIT/STRETCH FUSION W/ PAM	
8:30-9:30A YOGA W/ HOPE	8:30-9:30A PILATES W/ CASEY	8:30-9:30A QIGONG W/ RENEE		8:30- 9:30A BEGINNERS FITNESS
			10:15-11:15AM BEGINNER ZUMBA INTERVAL W/ GRACE	
10-11A BELLY DANCING W/ MELISSA		10:30-11:30A YOGA W/HOPE		10-11A PILATES W/ SHARON
5:30-6:30PM RUNNING FITNESS CIRCUIT W/ PAM	5:30-6:30P YOGA W/ PAM	5:30-6:30PM PILATES W/TYRONE OR GINI	5:30-6:30P YOGA W/ PAM	
6:30-7:30P TRX W/ DAVID		6:30-7:30P TRX W/ DAVID		
		6:30-7:30P BELLY DANCING W/ MELISSA		

*New classes **New Time

WE ARE ALWAYS TRYING TO MEET YOUR NEEDS BEST. IF YOU DON'T FIND A CLASS TIME THAT WORKS FOR YOU, CALL & LET US KNOW. THANK YOU!