



Beachside

HEALTH STUDIO

1220 N. HWY A1A, STE 115 • INDIALANTIC, FL 32903 • PHONE: 321-725-2267 • WWW.BEACHSIDEHEALTHSTUDIO.COM

GROUP CLASS SCHEDULE

SPACE IS LIMITED, CALL TO RESERVE YOUR SPOT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			6-7A RUNNING/ FITNESS CIRCUIT		
	7-7:45A HOME EXERCISE PROGRESSION		7-7:45A HOME EXERCISE PROGRESSION		
	7:45-8:30A YOGA LEVEL I		7:45-8:30A YOGA LEVEL I		9-10A PILATES LEVEL 1
	8:30-9:30A PILATES LEVEL 1	***QIGONG HAS MOVED TO 6:15PM***		9-10AM FITNESS LEVEL I	9:30-10:30A SALSA (8WK SEMESTER)
10-11A TRX	11A-12P TRX	9:30-10:30A YOGA LEVEL 1		10-11A PILATES LEVEL 2	10-11A TRX
		1-2P TRX			
5:30-6:30PM RUNNING/ FITNESS CIRCUIT	5:30-6:30P YOGA LEVEL II				
6-7PM PILATES LEVEL 1		6:15-7PM QIGONG			
6:30-7:30P TRX		!!!NEW TIME!!! 6:30-7:30P TRX			

IF YOU DON'T SEE A CLASS THAT MEETS YOUR NEEDS PLEASE LET US KNOW!