

FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pilates Core 6am-60min Irma		Pilates Core 6am-60min Irma				
**Hard Rock Spin 7:30am-55min Vanessa						
		Abs and Weights 8:00am-30min Vanessa				
**Hard Rock Spin 8:30am-55min Vanessa	Extreme Fitness 8:30am-60min Vanessa	**Hard Rock Spin 8:30am-55min Vanessa	Interval Fitness 8:30am-60min Sarah	**Hard Rock Spin 8:30am-55min Vanessa		
Bosu Cardio 9:30am-60min Sam	*Yoga 85 9:30am-60min Holly	*Power Vinyasa 9:30am-90min Rishi	*Vinyasa Yoga 9:30am-75min Holly	*Power Vinyasa 9:45am-60min Holly	***HIIT 9am-50 min Sarah	*Shakti Power Yoga 9:30am-90min Susy
					*Vinyasa Yoga 10am-60min Sarah	
*Yoga 85 1pm-60min Holly		*Yoga Works 85 1pm-60min Holly				
**Hard Rock Spin 5pm-55min Vanessa	Yoga 85 5:30pm-60min Holly		*Yoga Stretch 85 5:30pm-60min Holly	*Shakti Power Yoga 5:30pm-75min Susy		
*Shakti Power Yoga 6:00pm-60min Susy	Body Sculpting 6:30pm-60min Sarah	*Shakti Power Yoga 6:00pm-60min Susy				

www.oxygenhealthandwellness.com 561-622-2013

***These classes are held in the strength training area. **Sign up at front desk. *Additional cost and sign up.

Hours of Operation

Monday-Friday 5:30am-8pm Saturday-Sunday 7am-3pm