

GRAND FITNESS GF SCHEDULE

FALL 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none"> 6:00-6:45am RIDE:45 Michele J. (Studio B) 7:45-8:35am Super Sculpt Sarah L. (Studio A) 8:45-9:35am Yoga Flow Corey B. (Studio A) 8:45-9:30am RIDE:45 Anna D. (Studio B) 9:45-10:35am JUST LIFT Rachel K. (Studio A) 9:45-10:35am INSANITY Joy R. (Studio B) 10:45-11:35am BURN Mayra C. (Studio A) 	<ul style="list-style-type: none"> 6:00-6:45am Carnival RIDE Monique U. (Studio B) 8:00-8:30am HIIT:30 Sarah L. (Studio A) 8:45-9:35am Turbo Kick Danner B. (Studio A) 8:45-9:40am RIDE:45 Sarah L. (Studio B) 9:45-10:35am PiYo Corey B. (Studio A) 9:45-10:35am Zumba Mayra C. (Studio B) 11:15-11:45am HIIT:30 Rachel K. (Studio A) 5:00-5:50pm INSANITY Joy R. (Studio A) 5:45-6:15pm Zen RIDE Corey B. (Studio A) 6:00-6:50pm Turbo Kick Setra G. (Studio A) 6:15-7:15pm Yoga Flow Corey B. (Studio B) 	<ul style="list-style-type: none"> 6:00-6:45am RIDE:45 Ty A. (Studio B) 7:45-8:35am BURN Galina W. (Studio A) 8:45-9:35am BUTI Yoga Katie T. (Studio A) 8:45-9:30am RIDE:45 Anna D. (Studio B) 9:45-10:35am HCC Tiffany E. (Studio A) 10:45-11:35am Mat Pilates Olga M. (Studio A) 11:45-12:15pm SYNERGY Kyle H. (Synergy 360) 5:00-5:20pm Guts & Butts Mayra C. (Studio A) 5:30-6:20pm JUST LIFT Mayra C. (Studio A) 5:30-6:15pm Carnival RIDE Monique U. (Studio B) 	<ul style="list-style-type: none"> 8:00-8:30am HIIT:30 Sarah L. (Studio A) 8:45-9:35am Turbo Kick Danner B. (Studio A) 8:45-9:30am RIDE:45 Sarah L. (Studio B) 9:45-10:35am PiYo Corey B. (Studio A) 9:45-10:35am Zumba Mayra C. (Studio B) 10:45-11:35am Basic Yoga Corey B. (Studio B) 11:15-11:45am HIIT:30 Sarah L. (Studio A) 5:45-6:15pm RIDE:45 Kirk M. (Studio B) 6:00-7:00pm BUTI Yoga Katie T. (Studio A) 	<ul style="list-style-type: none"> 6:00-6:45am Zen RIDE Corey B. (Studio B) 7:00-7:50am Yoga Flow Corey B. (Studio A) 8:45-9:35am Yoga Flow Corey B. (Studio A) 8:45-9:30am 30/20 Anna D. (Studio B) 9:45-10:35am HCC Tiffany E. (Studio A) 9:45-10:35am INSANITY Joy R. (Studio B) 10:45-11:35am BURN Tiffany E. (Studio A) 	<ul style="list-style-type: none"> 8:00-8:45am RIDE:45 Tiffany E. (Studio A) 9:00-9:50am Mat Pilates Olga M. (Studio B) 9:00-9:50am Turbo Kick Setra Goins (Studio A) 10:00-10:50am Strength Rotation (see app) (Studio A) 11:00-11:50am Yoga Rotation (see app) (Studio A)

- yoga/stretch/pilates
- strength & conditioning
- athletic training
- ride/cycling
- martial arts
- dance

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For scheduling questions or help finding your new workout routine email Sarah LaTour at sarah@grandfitnessfl.com

