

# FITNESS SCHEDULE

## DIPLOMAT LANDING

\$15 per class | 954-602-8400

Beach Yoga - Meet at Spa Lobby



### SUNDAY

6:30 am	BEACH YOGA	50 Minutes
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### MONDAY

6:30 am	BEACH YOGA	50 Minutes
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### TUESDAY

9:00 am	MAT PILATES	50 Minutes
10:00 am	SPIN CLASS	45 Minutes
12:00 noon	BODY SCULPTING	50 Minutes

### WEDNESDAY

6:30 am	BEACH YOGA
8:00 am	BODY SCULPTING
9:00 am	MAT PILATES
10:00 am	SPIN CLASS

### THURSDAY

7:00 am	SPIN CLASS
8:00 am	BODY SCULPTING
9:00 am	MAT PILATES
10:00 am	SPIN CLASS

### FRIDAY

7:00 am	SPIN CLASS
8:00 am	BODY SCULPTING
9:00 am	MAT PILATES
10:00 am	SPIN CLASS

### SATURDAY

9:00 am	BODY SCULPTING
10:00 am	SPIN CLASS

