

# WELLNESS PROGRAM

## CLASS SCHEDULE



# east

MIAMI

The Art Room, 7/F

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am-9:00am		Vinyasa Yoga Anja	Circuit Training Shawn	Body Conditioning Shawn	Gentle Flow Yoga Shakeera	Cardio/Core Shawn	
9:00am-10:00am	Restorative Yoga Nick						Vinyasa Yoga Scarlett
10:15am-11:00am	Stretch/Strengthen Nick						
11:00am-11:45am							Bootcamp Shawn
6:00pm-7:00pm		HIIT Shawn	Pilates Mat Kayla	Vinyasa Yoga Jacqueline	Body Sculpting Shawn	Vinyasa Yoga Anja	

\*Classes only available for guest paying the Destination Fee. No RSVP required. First come, first served.

