

GRAND FITNESS GF SCHEDULE

OCT. 23 2017-DEC. 29 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>6:00-6:50am RIDE:45 Studio B Michele J.</p> <p>8:00-8:30am HIIT:30 Studio A Sarah L.</p> <p>8:45-9:35am FIRE Studio A Rachel A.</p> <p>8:45-9:30am RIDE:45 Studio B Anna D.</p> <p>9:45-10:35am JUST LIFT Studio A Rachel A.</p> <p>9:45-10:35am Yoga Flow Studio B Corey B.</p> <p>9:45-10:35am SYNERGY Synergy 360 Sarah L.</p>	<p>5:30-6:15am Carnival RIDE Studio B Monique U.</p> <p>7:30-8:00am Strength:30 Studio A Sarah L.</p> <p>8:45-9:35am Turbo Kick Studio A Danner B.</p> <p>8:45-9:35am Yoga Flow Studio B Corey B.</p> <p>9:45-10:35am PiYo Studio B Corey B.</p> <p>9:45-10:35am BURN Studio A Mayra C.</p> <p>10:45-11:35am Mat Pilates Studio B Olga M.</p>	<p>6:00-6:45am RIDE:45 Studio B Ty A.</p> <p>8:00-8:30am HIIT:30 Studio A Sarah L.</p> <p>8:45-9:35am BUTI Yoga Studio A Meghan B.</p> <p>8:45-9:30am RIDE:45 Studio B Anna D.</p> <p>9:45-10:35am HCC Studio A Tiffany E.</p> <p>9:45-10:35am SYNERGY Synergy 360 Sarah L.</p> <p>11:45-12:15pm SYNERGY Studio B Kyle H.</p>	<p>7:30-8:00am Strength:30 Studio A Sarah L.</p> <p>8:45-9:35 Turbo Kick Studio A Danner B.</p> <p>8:45-9:35am Yoga Flow Studio B Corey B.</p> <p>9:45-10:35 PiYo Studio B Corey B.</p> <p>9:45-10:35 BURN Studio A Mayra C.</p>	<p>6:00-6:45am Zen RIDE Studio B Corey B.</p> <p>8:45-9:35am BUTI Yoga Studio A Megan B.</p> <p>8:45-9:35am 30/20 Studio B Anna D.</p> <p>9:45-10:35am HCC Studio A Tiffany E.</p>	<p>8:00-8:45am RIDE:45 Studio A Tiffany E.</p> <p>9:00-9:50am Mat Pilates Studio B Olga M.</p> <p>9:00-9:50am Turbo Kick Studio A Setra Goins</p> <p>10:00-10:50am Core de Force or Insanity (see app) Studio A Setra G. or Ty A.</p>
<p>5:00-5:20pm Guts & Butts Studio A Tiffany E.</p> <p>5:30-6:20pm HCC Studio A Tiffany E.</p> <p>5:30-6:15pm RIDE:45 Studio B Ty A.</p>	<p>5:00-5:20pm HIIT:30 Studio A Sarah L.</p> <p>5:45-6:15pm Zen RIDE Studio A Corey B.</p> <p>6:00-6:50pm Turbo Kick Studio A Setra Goins</p> <p>6:15-7:15pm Yoga Flow Studio B Corey B.</p>	<p>5:00-5:20pm Guts & Butts Studio A Mayra C.</p> <p>5:30-6:20pm JUST LIFT Studio A Mayra C.</p> <p>5:30-6:15 Carnival RIDE Studio B Monique U.</p>	<p>5:00-5:30pm HIIT:30 Studio A Mayra C.</p> <p>6:15-7:15pm Yoga Flow or Pilates (see app) Studio B Corey B./ Olga M.</p>		

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

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For scheduling questions or help finding
your new workout routine email Sarah LaTour
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