

Time	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
7:00AM						SPINNING SALAM
8:00AM						FULL BODY STRETCH SALAM 8:30
9:00AM	CARDIO PLUS NATALIE	PILATES SALAM	STEP IT UP SALAM	WEIGHT TRAINING NATALIE	PILATES SALAM	TIMBA JORGE 9:30
10:00AM	ZUMBA FITNESS yvette		LATIN FUSION NATALIE		ZUMBA FITNESS Yvette	
11:00AM		SILVER & FIT NATALIE		SILVER & FIT NATALIE		
12:00PM	SILVER & FIT JEANNINE		SILVER & FIT JEANNINE		ZUMBA GOLD KARLA	
5:30PM	HIIT NATALIE	PILATES JEANINE	HIIT NATALIE	PILATES SALAM		
6:30PM	TIMBA JORGE	ZUMBA FITNESS ALEXSANDRA	TIMBA JORGE	ZUMBA FITNESS ALEXSANDRA		
7:30PM	YOGA DAVID	BOOT CAMP OILVER	YOGA DAVID	KICK BOXING OLIVER		
10AM Spinning	Natalie	Salam		Salam	Natalie	
6:30 Spinning	Natalie	Natalie	Natalie	Natalie		
	GYM Open Hours		Babysitting Hours			
Mon.	7:000 A.M - 9:30 PM		9:00AM - 11:30AM		5:30PM - 8:30PM	
Tues.	7:00 A.M - 9:30 PM		9:00AM - 11:30AM		5:30PM - 8:30PM	
Wed.	7:000 A.M - 9:30 PM		9:00AM - 11:30AM		5:30PM - 8:30PM	
Thurs.	7:00 A.M - 9:30 PM		9:00AM - 11:30AM		5:30PM - 8:30PM	
Fri.	7:00 A.M - 7:00 PM		9:00AM - 11:30AM			
Sat.	8:00 AM - 12:00 PM					
Sun.	CLOSED					

LOOK FOR ADDED SURPRISE CLASSES

<http://ladyofamerica.com/kendall/>

Non members are welcomed, ask staff for Details

Sun.

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