

Lady of America - Hammocks
 Visit Our Website at www.ladyofamerica.com/Kendall

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 14635 sw 104th Street
 305-385-5550

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Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7:00 AM						SPINNING 7:30 AM SALAM		7:00 AM						SPINNING 7:30 AM SALAM	
8:00 AM						FULL BODY STRETCH SALAM & W		8:00 AM						FULL BODY STRETCH SALAM & W	
9:00 AM	CARDIO PILATES NATALIE	PILATES SALAM	STEP IT UP SALAM	WEIGHT TRAINING NATALIE	PILATES SALAM			9:00 AM	CARDIO PILATES NATALIE	PILATES SALAM	STEP IT UP SALAM	WEIGHT TRAINING NATALIE	PILATES SALAM		
10:00 AM	ZUMBA DOUGLAS		LATIN FUSION NATALIE		ZUMBA FANIA	ZUMBA SENSATO DOUGLAS		10:00 AM	ZUMBA DOUGLAS		LATIN FUSION NATALIE		ZUMBA FANIA	ZUMBA SENSATO DOUGLAS	
11:00 AM	SENIORS KATHA	SENIORS NATALIE	SENIORS KATHA	SENIORS NATALIE	ZUMBA GOLD KATHA			11:00 AM	SENIORS KATHA	SENIORS NATALIE	SENIORS KATHA	SENIORS NATALIE	ZUMBA GOLD KATHA		
12:00 PM							S	12:00 PM							S
5:30 PM	HIT NATALIE	PILATES SALAM	HIT NATALIE	PILATES NATALIE	ZUMBA FANIA		E	5:30 PM	HIT NATALIE	PILATES SALAM	HIT NATALIE	PILATES NATALIE	ZUMBA FANIA		E
6:30 PM	TIMBA TORRE	ZUMBA FITNESS DOUGLAS	TIMBA TORRE	ZUMBA FITNESS DOUGLAS			D	6:30 PM	TIMBA TORRE	ZUMBA FITNESS DOUGLAS	TIMBA TORRE	ZUMBA FITNESS DOUGLAS			D
7:30 PM	YOGA DAVID	BOOT CAMP FLOR	YOGA DAVID	KICK BOXING NATALIE				7:30 PM	YOGA DAVID	BOOT CAMP FLOR	YOGA DAVID	KICK BOXING NATALIE			
7:00 AM Spin					Salim			7:00 AM Spin					Salim		
10:00 AM Seniors	Alma	Salim		Alma				10:00 AM Seniors	Alma	Salim		Alma			
6:30 Seniors	Natalie	Carlo	Natalie	Carlo				6:30 Seniors	Natalie	Carlo	Natalie	Carlo			
GYM Open Hours Mon: 7:00 AM - 9:30 PM Tues: 7:00 AM - 9:30 PM Wed: 7:00 AM - 9:30 PM Thurs: 7:00 AM - 9:30 PM Fri: 7:00 AM - 7:00 PM Sat: 7:30 AM - 12:00 PM Sun: CLOSED							Revolving Hours Mon: 9:00 AM - 11:30 AM Tues: 9:00 AM - 11:30 AM Wed: 9:00 AM - 11:30 AM Thurs: 9:00 AM - 11:30 AM Fri: 9:00 AM - 11:30 AM Sat: 9:00 AM - 11:30 AM Sun: CLOSED								
LOOK FOR ADDED W/ REFRESH CLASSES http://ladyofamerica.com/kendall							LOOK FOR ADDED W/ REFRESH CLASSES http://ladyofamerica.com/kendall								
Non members are welcomed, ask staff for Details							Non members are welcomed, ask staff for Details								

