

**SLIM AND TONE MIAMI LAKES
CLASS SCHEDULE
18642 NW 67TH AVE.305-627-5515**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM-9:00AM	Dance CARDIO "305" w/Janet		Dance CARDIO "305" w/Janet	8:30 AM – 9:30 AM Flexibility CORE PILATES w/Sol		
9:00 AM-10:00AM		SCULPTING Pump and Define w/Hady			SCULPTING Pump and Define w/Marc	
9:30 AM-10:30 AM						Flexibility CORE PILATES w/Sol
11:00 AM-NOON						Dance ZUMBA CARDIO "305" w/Heidi
6:30 PM-7:30 PM		Cardio BOOTCAMP w/Marc Royal Oaks Park 87 th Ave & 170 th St.	Cardio BOOTCAMP w/Marc Royal Oaks Park 87 th Ave & 170 th St.	Cardio BOOTCAMP w/Marc Royal Oaks Park 87 th Ave & 170 th St.		
6:30 PM-7:30 PM	Dance ZUMBA CARDIO "305" w/Heidi	Flexibility YOGA w/Prospero Yoga Master	BELLY DANCE ZUMBA/FUSION CARDIO "786" w/Heidi	7:00 PM – 8:00 PM Flexibility CORE PILATES w/Sol		

**WALK-IN'S (ALL CLASSES EXCEPT BOOTCAMP) \$15.00 -OR-BUY 3 /ONE FREE-OR-PRE-PAID 5 CLASSES FOR \$50.00
MESSAGE OR PERSONAL TRAINING AVAILABLE BY APPOINTMENT
BOOT CAMP - Royal Oaks Park - 87th Ave & 170th St**