

# Miami Athletic Club

## Group Exercise Schedule

### EFFECTIVE JANUARY 2024

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	5:30 am HIIT TRAINING Kathy	5:30am YOGAFLEX Tracey	5:30 am CIRCUIT TRAINING Maggie		5:30 am HIIT TRAINING Kathy	
						8:00 am HIIT TRAINING Kathy
	8:00am YOGAFLEX Tracey		8:00am YOGAFLEX Abby		8:00am YOGAFLEX Abby	8:45am STEP Kathy
9:00 am YOGAFLEX Martin	9:30 am CIRCUIT TRAINING Tiffany	9:30 am POWER PUMP Maggie	9:30 am DANCE FUSION Julie	9:30 am BARRE FUSION & STRENGTH Liz	9:30 am BOOT CAMP Maggie	9:45am YOGA FLEX Sherry
10:30 am SHRED Rebecca		11:15 am SILVER SNEAKERS Carolyn		11:15 am SILVER SNEAKERS Lisa		11:00am DANCE FUSION Aimee
		5:00 pm DANCE FUSION Heather S.	5:00 pm YOGAFLEX Leif <b>(BEGINS JAN. 17TH)</b>	5:00 pm POWER PUMP Alicia		
	6:00 pm HIIT TRAINING Kathy	6:00pm CARDIO RESISTANCE TRAINING Jennifer	6:00 pm POP PILATES Kelsey	6:00 pm SHINE Heather S.		
	7:00 pm SHINE Katey	7:00 pm YOGAFLEX Sherry		7:00 pm YOGAFLEX Tracey		

**FOR A PRINTABLE SCHEDULE GO TO**  
**[www.macpremierfitness.com](http://www.macpremierfitness.com)**