

Miami Athletic Club

Group Exercise Schedule

EFFECTIVE APRIL 2026

<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 Karen	5:30 am CIRCUIT TRAINING Maggie	5:30am YOGAFLEX Leif	5:30 am HIIT TRAINING Kathy	
						8:00 am HIIT TRAINING Kathy
	8:00am YOGAFLEX Jen		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 Heather S.	9:30 am BARRE FUSION & STRENGTH Lauren	9:30 am BOOT CAMP Maggie	9:45am YOGA FLEX Sherry
	10:45am SILVER SNEAKERS CLASSIC Barb		10:45 am SILVER SNEAKERS CLASSIC Carolyn	11:15 am SILVER SNEAKERS CIRCUIT Lisa	10:45 am DANCE FUSION Katie	11:00am DANCE FUSION Aimee
	5:00 pm SHINE Katey	5:00 pm DANCE FUSION Heather S.		5:00 pm UPLIFT Katey		
	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 YOGAFLEX Leif/Jen		7:00 pm YOGAFLEX Jen		

FOR A PRINTABLE SCHEDULE GO TO
www.macpremierfitness.com