



ANATOMY

CLASS SCHEDULE



1
HOTEL
South beach

MONDAY

8:00-9:00am
1 Healing (Jordan)

9:30-10:30am
Limitless (Edwin)

10:30-11:30am
Dynamic Flow Yoga
(Derek)

TUESDAY

7:00-8:00am
Throwdown (Gabby)

9:30-10:30am
Round 1 (Gabby)

10:30-11:30am
Recharge (Yana)

WEDNESDAY

8:30am-9:30am
STRONG Running
(Brian)

10:30-11:30am
Dynamic Flow Yoga
(Derek)

6:00-7:00pm
Restore (Sandy)

THURSDAY

7:00-8:00am
Throwdown (Gabby)

7:30-8:30am
Rise Yoga (Sandy)

9:30-10:30am
Round 1 (Gabby)

10:30-11:30am
Soul Sweat (Analys)

6:00-7:00pm
Restore (Sandy)

FRIDAY

7:30-8:30am
Rise Yoga (Sandy)

9:30-10:15am
Glute Camp (Analys)

10:30-11:30am
Precision Pilates (Jade)

10:30-11:30am
Hardcore (Edwin)

SATURDAY

8:30-9:30am
1 Relay (Gaby)

9:30-10:30am
Limitless (Edwin)

10:30-11:30am
Recharge (Yana)

10:30-11:30am
Anatomy Academy: Mace
(Tim)

SUNDAY

9:00-10:00am
Dynamic Flow Yoga
(Daniella)

9:30-10:30am
Round 1 (Gabby)

10:30-11:30am
Precision Pilates (Jade)

Gym Hours: Weekdays 6am - 10pm, Weekends 7am - 10pm
305-604-6793 | 1hotels.com/south-beach/anatomy