



ANATOMY

FESTIVE AT 1 HOTEL SOUTH BEACH 2019-2020

SATURDAY 12/21

9:30a - 10:30a
10:30a - 11:30a

SLAY BELLS
LITTLE ANATOMY'S HELPERS (KID-FRIENDLY)

SUNDAY 12/22

9:30a - 10:30a
10:30a - 11:30a

SLAY BELLS
LITTLE ANATOMY'S HELPERS (KID-FRIENDLY)

MONDAY 12/23

9:30a - 10:30a
10:30a - 11:30a

SLAY BELLS
LITTLE ANATOMY'S HELPERS (KID-FRIENDLY)

THURSDAY 12/26

9:30a - 10:30a
10:00a - 11:00a

EARTH FREQUENCY
ANATOMY GAMES

FRIDAY 12/27

9:30a - 10:30a
10:00a - 11:00a

RIVALS
ANATOMY GAMES (KID-FRIENDLY)

SATURDAY 12/28

9:30a - 10:30a
9:30a - 11:00a
10:00a - 11:00a

REFLECT
THE REBELLION
ANATOMY GAMES (KID-FRIENDLY)

SUNDAY 12/29

9:30a - 10:30a
10:00a - 11:00a

1 RELAY
ANATOMY GAMES (KID-FRIENDLY)

MONDAY 12/30

9:30a - 10:30a
10:00a - 11:00a
10:00a - 11:00a

ROUND 1
THE AWAKENING
ANATOMY GAMES (KID-FRIENDLY)

TUESDAY 12/31

9:30a - 10:30a
9:30a - 10:30a
10:00a - 11:00a

ENERGY / ALIGN
1 RELAY
ANATOMY GAMES (KID-FRIENDLY)

WEDNESDAY 1/1

10:00a - 11:00a
11:00a - 12:00p

R.S.G.
ENERGY / ALIGN

ANATOMY FESTIVE FITNESS: CLASS DESCRIPTIONS

SLAY x BELLS: HIIT-style class incorporating kettlebells, push sleds, and functional exercises.

LITTLE ANATOMY'S HELPERS: (*Kid-friendly*) Little Anatomy is a fun way to get your kids moving! Children from the age of 6-12 will be led through a total body workout.

RIVALS: Cardio + Body weight exercises competing against each other.

ANATOMY GAMES: (*Kid-friendly*) A series of outdoor activities & games for all ages. Our Anatomy Games festive series is the perfect balance of fun, competition and nature.

THE REBELLION: Cased inside an epic environment, this completely immersive experience is a perfect blend of yoga, high intensity interval exercises and meditation.

EARTH FREQUENCY: 1 of a kind outdoor experience. Barefoot beach workout + earthing ceremony.

ROUND 1: This combination of cardio boxing and functional movements will have you testing your body to the max.

ENERGY / ALIGN: A powerful 60-minute session that includes a variety of breathing methods to optimize energy flow and promote body alignment & healing.

1 RELAY: A fun & collaborative workout featuring various exercise circuit stations.

THE AWAKENING: This mashup fuses meditation, yoga and motivation into 1 dynamic experience.