

# Biltmore FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 <b>BODY SCULPT</b> Margret Fitness Studio	6:15 <b>SPIN</b> Robert Spin Studio	6:15 <b>SPIN</b> Sally Spin Studio	6:15 <b>SPIN</b> Robert Spin Studio	6:15 <b>SPIN</b> Sally Spin Studio	6:15 <b>SPIN</b> Sally Spin Studio	8:00 <b>BODY SCULPT</b> Margret Fitness Studio
8:30 <b>SPIN</b> Robert Spin Studio	7:00 <b>CARDIO BALANCE TRAINING</b> Shebah Fitness Studio	7:00 <b>AQUA CIRCUIT TRAINING</b> Nubia Pool	7:00 <b>ROCKIN' FIT BODY</b> Shebah Fitness Studio	7:00 <b>CUT TO THE CORE</b> Shebah Fitness Studio	7:00 <b>ROCKIN' FIT BODY</b> Shebah Fitness Studio	8:30 <b>SPIN</b> Robert Spin Studio
9:30 <b>HATHA YOGA</b> (90 min) Loree Meeting Room	8:00 <b>BEIGN TO SPIN</b> Shebah Spin Studio	7:15 <b>SPIN</b> Meredith Spin Studio	8:00 <b>CUT TO THE CORE</b> Shebah Fitness Studio	7:00 <b>AQUA CIRCUIT TRAINING</b> Nubia Pool	8:00 <b>CUT TO THE CORE</b> Shebah Fitness Studio	9:00 <b>ZUMBA</b> Mila Fitness Studio
10:00 <b>ROCK N' SCULPT</b> Ruth Fitness Studio	8:00 <b>CARDIO FIT</b> Juan Fitness Studio	8:00 <b>STRETCH</b> Christa Fitness Studio	9:00 <b>SPIN</b> Erica Spin Studio	8:00 <b>SOUL RIDE</b> Shebah Spin Studio	9:00 <b>SPIN</b> Juan Spin Studio	9:30 <b>AQUA FITNESS</b> Maria Pool
12:00 <b>YOGA I</b> (90 min) Loree Fitness Studio	9:00 <b>SPIN</b> Juan Spin Studio	9:00 <b>ZUMBA</b> Milla Fitness Studio	9:00 <b>BODY SCULPT</b> Juan Fitness Studio	8:00 <b>STRETCH</b> Christa Fitness Studio	9:00 <b>BODY SCULPT</b> JoJo Fitness Studio	10:00 <b>20/20/20</b> Ruth Fitness Studio
	9:00 <b>BODY SCULPT</b> JoJo Fitness Studio	9:30 <b>AQUA FITNESS</b> Sally Pool	9:30 <b>HYDRO-PILATES</b> Ann Pool	9:00 <b>ZUMBA</b> Milla Fitness Studio	9:30 <b>HYDRO-PILATES</b> Ann Pool	10:00 <b>SPIN</b> Sally Spin Studio
	9:30 <b>HYDRO-PILATES</b> Ann Pool	10:00 <b>BODY BLAST</b> Erica Fitness Studio	10:00 <b>ZUMBA</b> Armando Fitness Studio	9:30 <b>AQUA FITNESS</b> Sally Pool	10:00 <b>AB'S ROCK</b> Juan Fitness Studio	11:00 <b>VINYASA YOGA</b> (90 min) Debra Fitness Studio
	10:00 <b>BODY BLAST</b> Erica Fitness Studio	11:00 <b>YOGILATES</b> (90 min) Christa Fitness Studio	11:00 <b>YOGA FLOW</b> (90 min) Jason Fitness Studio	12:00 <b>VINYASA YOGA</b> (90 min) Debra Fitness Studio	11:00 <b>FUSION JAM</b> Armando Fitness Studio	
	11:00 <b>FUSION JAM</b> Armando Fitness Studio	12:15 <b>SPIN EXPRESS</b> Brad Spin Studio		12:15 <b>SPIN EXPRESS</b> Brad Spin Studio	12:00 <b>VINYASA YOGA</b> (90 min) Debra Fitness Studio	
					12:15 <b>SPIN EXPRESS</b> Brad Spin Studio	

All classes are 1 hour unless noted differently

Monday - Thursday 5am - 10pm • Friday 5am - 9pm • Saturday & Sunday 7am - 8pm

# Biltmore FITNESS SCHEDULE

## SUNDAY

**6:00  
VINYASA YOGA**  
(90 min)  
Debra  
Fitness Studio

## MONDAY

**4:00  
BODY SCULPT**  
Erica  
Fitness Studio

**5:00  
POWER PILATES**  
Christa  
Fitness Studio

**5:30  
SPIN**  
Jorge  
Spin Studio

**6:00  
ZUMBA**  
Milla  
Fitness Studio

**6:30  
HATHA YOGA**  
(90 min)  
Christa  
Meeting Room

**7:00  
CARDIO  
KICKBOXING**  
Becky  
Fitness Studio

## TUESDAY

**5:00  
BODY SCULPT**  
Meredith  
Fitness Studio

**5:30  
SPIN**  
Erica  
Spin Studio

**6:00  
BOOTCAMP**  
Denise  
Courtyard

**5:30  
HYDRO BOOTCAMP**  
Nubia  
Pool

**6:30  
SOUL RIDE**  
Shebah  
Spin Studio

**6:30  
HATHA YOGA**  
(90 min)  
Aiyasha  
Meeting Room

**7:00  
ZUMBA**  
Walter  
Fitness Studio

## WEDNESDAY

**5:00  
PILATES**  
Christa  
Fitness Studio

**5:30  
SPIN**  
Jorge  
Spin Studio

**6:00  
ROCK N'SCULPT**  
Ruth  
Fitness Studio

**5:30  
HYDRO BOOTCAMP**  
Nubia  
Pool

**6:30  
SPIN**  
Arturo  
Spin Studio

**6:30  
GENTLE YOGA**  
Daniella  
Meeting Room

**7:00  
CARDIO  
KICKBOXING**  
Becky  
Fitness Studio

## THURSDAY

**4:00  
CAFE CON LECHE**  
JoJo  
Fitness Studio

**5:00  
BODY SCULPT**  
JoJo  
Fitness Studio

**5:30  
SPIN**  
Robert  
Spin Studio

**6:00  
BOOTCAMP**  
Mark  
Courtyard

**5:30  
HYDRO BOOTCAMP**  
Nubia  
Pool

**6:00  
ZUMBA**  
Walter  
Fitness Studio

**6:30  
SOUL RIDE**  
Shebah  
Spin Studio

**6:30  
HATHA YOGA**  
(90 min)  
Christa  
Meeting Room

## FRIDAY

**5:30  
ZUMBA**  
Tony  
Fitness Studio

**6:30  
HATHA YOGA**  
(90 min)  
Debra  
Fitness Studio

## SATURDAY

**4:30  
VINYASA YOGA**  
(90 min)  
Debra  
Fitness Studio

1200 Anastasia Avenue, Coral Gables, Florida 33134 • p 305.913.3102 • biltmorefitness.com

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