

**CLUB HOURS**

Monday – Thursday: 5am -11pm  
 Friday: 5am to 9pm  
 Saturday: 7am to 8pm  
 Sunday: 8am to 6pm



# JUNE

141 NW 20<sup>TH</sup> Street  
 Boca Raton, FL 33431  
 (In The Shops at  
 University Plaza)  
 (561) 367-3542

**KIDZ CLUB HOURS**

Monday – Friday: 8am to 12  
 Monday – Thursday: 5pm to 8pm  
 Friday: 5pm – 7pm  
 Saturday: 8am – 12pm  
 Sunday: 9am – 12pm



## PREMIUM EAST BOCA – GROUP FITNESS CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		7:45am Jump Start w/Jan			7:15am Abs 7:45am BodyPump w/Therese	9:30am Zumba w/GiGi  
8:20am Jump Start w/Jan	8:30am Energy w/Therese	8:30am Body Sculpt w/Jan	8:15am Jump Start w/Jan	8:20am Jump Start w/Jan	8:45am Energy w/Therese	
9:30am Bosu, Bands & Balls w/Vanessa	9:30am BodyPump w/Janice	9:30am Zumba w/Andrea	9:30am BodyPump w/Therese	9:30am Body Sculpt w/Danielle F.	9:30am Zumba w/Andrea	
10:30am Mat Pilates w/Roberta	10:30am Yogilates w/Janice	10:30am Functional Fitness w/Camille	10:30am Yogilates w/Janice	10:30am Zumba w/ Andrea	10:45am Stretch w/Roberta	10:30am Yogilates w/ Rita June w/ Janice June
11:30am Stretch w/Roberta	12:00pm Butts & Guts w/Petela	12:00pm Biceps & Triceps w/Petela	12:00pm HIIT Circuit w/Petela	11:30am Senior Sculpt w/Nora June 7 & 21 w/Sharla June 14 & 28	11:45am MELT w/ Kathleen <b>JUNE 1ST ONLY</b>	
12:35pm Chair Yoga w/Marge	1:00pm Chair Yoga w/Marge	1:00pm 20 Minute Stretch w/Petela	1:00pm Chair Yoga w/Marge	12:30pm Barre Fusion w/Daniela S.		
1:30pm Silver Sneakers w/Shon		1:30pm Silver Sneakers w/Shon		1:30pm Silver Sneakers w/Shon	1:00pm Flow Yoga w/Sally	
	5:30pm Hatha Yoga w/Rita		5:30pm PlyoFlo w/September			
5:45pm HIIT Body Sculpt w/Marcela	6:30pm Zumba w/Nicole	5:45pm HIIT Body Sculpt w/Marcela	6:30pm Body Pump w/Christina			