

# CFT FITNESS SCHEDULE

VISIT [HTTP://BIT.LY/CFT2019](http://bit.ly/CFT2019) OR CALL 954.378.8036 TO BOOK A CLASS

DIPLOMAT LANDING | PRICES START AT \$25 PER CLASS | ALL CLASSES RUN BETWEEN 45-60 MINUTES

\*\* BEACH YOGA/SUNRISE YOGA MEETS IN FRONT OF THE SPA

\*ALL INFORMATION HEREIN SUBJECT TO CHANGE WITHOUT NOTICE

## SUNDAY

8:00 AM	SUNRISE BEACH** YOGA	RIPPED: A functional interval training class designed to work your core and keep your heart rate up throughout the workout.
9:30 AM	RIPPED!	

## MONDAY

6:15 AM	HIIT BOOT CAMP	HIIT BOOT CAMP a high intensity interval training workout designed to build lean muscle tissue and burn fat. *BODYSHOCK is a class that is an additional cost - call to reserve your spot - limited space!
7:15 AM	SPIN CLASS	
10:00 AM	BODYSHOCK* FIT CAMP	
5:00 PM	HIIT BOOT CAMP	
6:15 PM	SUNSET YOGA	

## TUESDAY

6:15 AM	TABATA	TABATA style of training created by Dr. Izumi Tabata. We've added our own twist to it that allows you to boost your metabolism through the roof! Definitely one of our most popular classes.
7:15 AM	SPIN CLASS	
7:15 AM - 11:30 AM	OPEN GYM	
5:00 PM	TABATA	
6:00 PM	TABATA	

## WEDNESDAY

6:15 AM	WILD WEDNESDAY	WILD is a group fitness class designed to push you without all the bells and whistles involved in interval training. *CYCLESOCK is a class that is an additional cost - call to reserve your spot - limited space!
9:20 AM	CYCLESOCK*	
10:00 AM	CYCLESOCK*	
5:00 PM	WILD WEDNESDAY	
6:00 PM	HIIT BOXING	

## THURSDAY

6:15 AM	BUTTS & GUTS	BUTTS & GUTS is a class focused on building firm glutes, legs and blasting your core so you're summer ready all year long! OPEN GYM Get through the workout of the day at your own pace with a trainers help - you start when you show up.
7:00 AM	SUNRISE BEACH** YOGA	
7:15 AM	SPIN CLASS	
7:15 AM to 11:30 AM	OPEN GYM	
5:00 PM	BUTTS & GUTS	
6:15 PM	ZUMBA	

## FRIDAY

6:15 AM	SUM IT UP FRIDAY	SUM IT UP Break out of your shell of moving in the same direction all day long! This functional fitness class challenges you to move weight in all directions for a full functionally loaded movement.
8:00 AM	SPIN CLASS	
10:00 AM	BODYSHOCK* FIT CAMP	

## SATURDAY

6:15 AM	SUPER SETS	Build lean muscle with SUPER SETS designed to keep your muscles under tensions while burning away fat! A little bit of every class thrown together into one!
8:00 AM	SUNRISE BEACH** YOGA	
8:00 AM	SPIN CLASS	
9:00 AM	SUPER SETS	
10:15 AM	HIIT BOXING	