

CLASS SCHEDULE

MONDAY

8:00 - 9:00 am	Vinyasa Vibe, Recovery (DL)
9:00 - 10:00 am	Boxing, Movement (JC)
5:00 - 6:15 pm	Ground and Unwind, Recovery (DL)
5:30 - 6:30 pm	TRX Strong, Movement (PH)

TUESDAY

6:30 - 7:30 am	TRX Burn, Movement (PH)
8:00 - 9:00 am	Vinyasa Vibe, Recovery (DL)
9:00 - 10:30 am	Tennis Clinic
5:30 - 6:30 pm	Flexibility Training, Recovery (CC)

WEDNESDAY

8:00 - 9:00 am	Vinyasa Vibe, Recovery (DL)
9:15 - 10:15 am	Align & Flow, Recovery (RS)
5:30 - 6:30 pm	Flexibility Training, Recovery (CC)

THURSDAY

8:00 - 9:00 am	Vinyasa Vibe, Recovery (DL)
9:00 - 10:30 am	Tennis Clinic
12:00 - 1:00 pm	TRX, Movement (PH)
5:30 - 6:30 pm	Flexibility Training, Recovery (CC)

FRIDAY

9:00 - 10:00 am	Boxing, Movement (JC)
9:15 - 10:15 am	Vinyasa Flow, Recovery (RS)
12:00 - 1:00 pm	TRX Strong, Movement (PH)
5:30 - 6:30 pm	Flexibility Training, Recovery (CC)

SATURDAY

8:00 - 9:00 am	Vinyasa Vibe, Recovery (DL)
8:00 - 9:00 am	Bootcamp, Movement (JC)
9:15 - 10 am	TRX Burn, Movement (PH)
9:15 - 10:15 am	Vinyasa Flow, Recovery (RS)

SUNDAY

11:30 am - 12:30 pm	Flexibility Training, Recovery (CC)
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INSTRUCTORS

John Chapman (JC)

Private Training, Boxing, TRX Bootcamp

Courtney Connell (CC)

Yoga Classes and Private Instruction

Patrick Hoffner (PH)

Head Fitness Pro

TRX, Private Training, BOGAFIT

Dannica Lowery (DL)

Yoga Classes and Private Instruction

TJ Middleton

Director of Fitness and Tennis

Courtenay Chapman Middleton

Head Tennis Pro

Sean Miller (SM)

Private Training, XPT, Kids Fitness Camp

Rebecca Simmons (RS)

Yoga Classes and Private Instruction

HOURS OF OPERATION

Monday - Thursday 6 am - 8 pm

Friday - Saturday 6 am - 7 pm

Sunday 7 am - 6 pm

(Holiday hours will vary)

**To book classes, call 850.213.5678
or email zuma@alysbeach.com.**