



WORLD FITNESS ASSOCIATION

National Fitness Certification & Training Center

2747 East Oakland Park Blvd

Fort Lauderdale, FL 33306

(954) 564-6743

FEBRUARY 2012

FITNESS CLASS SCHEDULE

MONDAY
7:30am - 7pm

8:00 AM
Functional
Training
Roy

9:00 AM
Kickboxing
Roy

6:00 PM
Trainer
Bootcamp
Luz

TUESDAY
7:30am - 7pm

9:15 AM
Stretch & Core
Luz

6:00 PM
Trainer
Bootcamp
Hope

WEDNESDAY
7:30am - 7pm

9:00 AM
Functional
Training
Roy

10:00 AM
Yoga-Balance
Hope

6:00 PM
Trainer
Bootcamp
Luz

THURSDAY
7:30am - 7pm

9:15 AM
Stretch & Core
Luz

6:00 PM
Trainer
Bootcamp
Hope

FRIDAY
7:30am - 2pm

9:00 AM
Body Sculpting
Roy

10:00 AM
Yoga-Balance
Hope

SATURDAY
8:30am - 1pm

9:00 AM
Kickboxing
Roy

10:00 AM
Trainer
Bootcamp
Billy

SUNDAY
9:30am - 12pm

10:00 AM
Trainer
Bootcamp
Billy