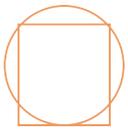


Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SUNRISE CIRCUITS SEAN 7:00 - 7:45 AM		RISE & GRIND: CONDITIONING EDWIN 7:00 - 7:45 AM				
ATHLETIC HIIT EDWIN 8:00 - 8:45 AM	ANATOMY ACADEMY: MACE GRANT 8:30 - 9:15 AM	ATHLETIC HIIT SEAN 8:00 - 8:45 AM	ANATOMY ACADEMY: CLUB GRANT 8:30 - 9:15 AM	TURF WARS JACQUELINE 8:00 - 8:45 AM	PILATES: ABS & STRETCH AMANDA 8:30 - 9:15 AM	
CORE ASSETS ROBERTO 9:00 - 9:50 AM	MUAY THAI TECHNIQUE & CONDITIONING NELSON 9:30 - 10:15 AM	METABOLIC MELTDOWN ROBERTO 9:00 - 9:50 AM	MUAY THAI CARDIO NELSON 9:30 - 10:15 AM	GET JACQ'D JACQUELINE 9:00 - 9:45 AM	ANATOMY ACADEMY: KETTLEBELL GRANT 9:15 - 10:00 AM	
PILATES: ABS + STRETCH AMANDA 10:00 - 11:00 AM	LIVE FREE YOGA STRONG SARA 10:30 - 11:30 AM	DANCEBODY LAURA-ANN 10:00 - 11:00 AM	LIVE FREE YOGA STRETCH SARA 10:30 - 11:30 AM	CARDIO BOXING NELSON 10:00 - 10:50 AM	SWEAT, STRETCH, RECOVER SEAN 10:15 - 11:00 AM	BOOTY BLAST ALESSANDRA 10:00 - 11:00 AM
					DANCEBODY LAURA-ANN 11:00 - 12:00 PM	
LITTLE ANATOMY SEAN 4:30 - 5:30 PM		LITTLE ANATOMY SEAN 4:30 - 5:30 PM				
THE GUN SHOW ROBERTO 5:45 - 6:30 PM	CORE ASSETS ROBERTO 5:45 - 6:30 PM	GET JACQ'D JACQUELINE 6:00 - 6:45 PM	ANATOMY ACADEMY: MACE GRANT 6:00 - 6:45 PM			
POWER YOGA JOEY 7:00 - 8:00 PM		HARDCORE SEAN 7:00 - 7:30 PM				



Class Descriptions

ANATOMY ACADEMY: MACE

GRANT

Ready for a lower body challenge and intense conditioning? Simple strength movements like the lunge, squat and deadlift are much more effective with the steel mace. The steel mace is a long, unbalanced implement used to engage the core and stabilization like nothing else.

ANATOMY ACADEMY: CLUB

GRANT

The steel club is exactly how it sounds: a short heavy bat-like object used to train upper body strength and endurance. It forces greater engagement of the back, shoulders and core during overhead presses, shoulder raises, swings and rowing movements. Prepare to sculpt your arms and shoulders while building the legs and core.

ANATOMY ACADEMY: KETTLEBELL

GRANT

The Kettlebell is a versatile tool used to amplify standard strength movements by adding components of balance and conditioning. In addition, battling ropes are used to complement the controlled kettlebell exercises with rapid, ab-shredding movements that will leave no muscle unworked. Prepare for a head-to-toe, high-tempo session to the highest standard of Anatomy Academy.

HARD CORE

SEAN

Your core is an important aspect to all types of training. Whether you are training to get stronger, run longer, or just have that South Beach six-pack, you will need to train your core. hardCore will help strengthen and tone your entire core, using a variety of dynamic and stabilizing movements.

RISE & GRIND: CONDITIONING

EDWIN

This class is a sports performance and agility based class to bring out the inner athlete in you! Utilizing bands, cones, and different drills that many top level athletes use in their training and scaled down to meet everyone's fitness levels. It will require some mental focus and coordination, perfect to wake you up first thing in the morning!

SUNRISE CIRCUITS

SEAN

This class will start with movement prep and mobility work to wake your body up and prepare it to move. Each class will have a different style or theme to it, no two classes will be the same. This is a boot camp/ smart crossfit, circuit training workout that involves bodyweight, Kettlebells, dumbbells and medicine balls. The workouts are designed in such a way to be scaled and modified for the beginner or progressed for the advanced athlete so all skill levels will get a great, safe, fun and energetic workout.

GET JACQ'D

JACQUELINE

Get JacQ'd is a total body group training class that is high intensity! It incorporates resistance training as well as explosive movements. Let's Get JacQ'd!

TURF WARS

JACQUELINE

Get JacQ'd: Turf Wars is a master class that's a real battle! Your whole body will be put to the test with strength, power, speed, and agility. Come see how far you're able to push yourself.

ATHLETIC HIIT

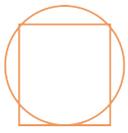
EDWIN + SEAN

Are you ready to train like the pros? Then join former pro athlete Edwin Santiago and former pro strength & conditioning coach Sean Garner as they train you to become the athlete you were meant to be! This HIIT style class will focus on sport specific movements that increase power, agility, core and overall strength.

LITTLE ANATOMY

SEAN

little Anatomy is a fun way to get your kids moving! Children from the age of 6-12 will be lead through a workout on our turf roof deck by Anatomy Body Architect + dad, Sean Garner.



Class Descriptions

CORE ASSETS

ROBERTO

In this particular class, we focus on two of your most valuable assets: your legs and your core. This nonstop class is not for the faint of heart, including from bodyweight exercises to weights and even plyometrics. Designed to make you fit into those jeans like never before.

LIVE FREE YOGA STRONG

SARA

This class puts an emphasis on building strength, increasing range of motion and flowing gracefully through transitions. Creative and challenging sequencing is the theme of the class. Expect a healthy dose of standing poses, arm balances, twists, and/or inversions along with a strong connection to your breath and core, creating a full-body conditioning class using the occasional prop. Accessible to all levels, challenging both the novice and experienced practitioner, be prepared to move, sweat, laugh and play in new and inspired ways!

LIVE FREE YOGA STRETCH

SARA

An approachable class perfect to compliment your traditional sport or fitness routine, this class puts an emphasis on building body awareness and flexibility. Expect traditional, fluid movements paired with creative sequencing for the first portion of the class, with a healthy dose of longer stretches and holds for the remaining time targeting specific areas of the body, creating a full-body awakening class. Accessible to all levels, be prepared to flow, feel stretched, to laugh and feel free in creative, more aware ways to compliment your daily exercise routine!

PILATES: ABS & STRETCH

AMANDA

Get deeply connected with your core before anatomy academy. In this class you will warm up your body and work your Pilates Powerhouse. We will target your abs, back, adductors, Glutes & hamstrings.

DANCEBODY

LAURA-ANN

This class is an intensely sweaty 60 minutes that includes heart pumping dance cardio followed by full body sculpting on the mat (...we don't skimp on the sculpt - arms, abs, and ass get ready!). The dance cardio moves in this class are quick, but do repeat so you have a chance to catch on. Open class includes mashed up versions of our full-length dances seen in our Full Out (Level III) class. For newbies, the Open class can be fun and challenging. For regulars, this is your time to shine! (Approx 40 min cardio / 20 min sculpt)

SWEAT, STRETCH & RECOVER

SEAN

First we get sweaty, then we get bendy... Class begins with a dynamic warm-up and is followed up with 20 min. of bodyweight exercises to get the blood flowing, spike the heart rate & sweat out the toxins! Then we slow it down for a 30 min. guided stretch focusing on recovery, flexibility and relieving tension in the body.

THE GUN SHOW

ROBERTO

Geared towards increasing muscle endurance and definition., this class is a circuit training of deltoids, biceps and triceps, using different types of equipment for maximum muscle confusion. You'll leave this class sweating and feeling accomplished.

BOOTY BLAST

ALESSANDRA

The Glutes are one of the most important muscles in the body. In Miami, especially, they are the centerpiece! BOOTY BLAST will be a high energy, intense class focused on developing, sculpting and strengthening the booty using various movements and equipment.