

# BBL FITNESS

20170 Pines Blvd., Suite 101 Pembroke Pines, FL 33029

## 754-400-7340

### Business Hours:








Monday – Thursday  
4:30 AM – 10:30 PM

Friday  
4:30 AM – 9 PM

Saturday  
8 AM – 6 PM

Sunday  
8 AM – 4 PM

## August 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM	Fit Dance Rodrigo 		Spin Jackie 	Dance Sport Rodrigo	Fit Dance Rodrigo 	Fit Dance Rodrigo 	
9:00 AM							
9:30AM	Yoga Anju	Dance Sculpting STEP Byron	Booty & Abs Pump Byron	Full Body Keisha	Tae Bo Jhon	Dance Sculpting STEP Byron	
10:30A M		Zumba Byron			Yoga Anju		Fit Dance Rodrigo 10am* 
11:00 AM				Zumba Byron			
5:00PM							
6:00PM		Full Body Keisha					
7:00 PM	ZUMBA China	BallRoom China	Fit Dance Rodrigo 	Spin Jose 			

Advanced Plan classes

