

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM	Fit Dance Rodrigo 		Spin Pepper 	Dance Sport Rodrigo	Fit Dance Rodrigo 	Fit Dance Rodrigo 	
9:00 AM							
9:30AM	XCO Latin Dance Ade	Dance Sculpting Byron	Cardio Pump Pepper	Yogalate Nineth	Yoga Nineth		
10:30AM	Yoga Mary	Zumba Patty	Yoga Anju			Spin Lucy 	Fit Dance Rodrigo 
11:00 AM				Zumba Byron			
6:00PM							
6:30PM	Spin the Butt Pepper 		Yoga Nineth	Gentle Yoga Nineth	Fit Dance Rodrigo 		
7:00PM		Dance Fever China					
7:30 PM	Fit Pepper Pepper	Gentle Yoga Nineth (8:00!)	Fit Dance Rodrigo 	Yoga for Beginners Nineth			

Schedule subject to change

Advanced Plan classes (Ultimate BBL Membership)

