November 2026

305-852-8623 www.froggysfitness.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
GYM HOURS: **Mon-Fri 5am-9pm** **Sat/Sun 7am-5pm**	***F.T.F*** *Fight to fit into your favorite jeans with this fun workout.* *w/Chris* *w/Biancia*	***Spin*** *Indoor cycling on a stationary bike.* *w/Mayra (AM)* ***(&) Boot Camp...TBD*** *w/Biancia & Atlantis*	***Tabata*** *High intensity interval training to include core, cardio and strength.* *w/Bernice*	***Beyond the Barre*** *Cardio, strength, Pilates and Yoga combined with with core and balance.* *w/Bernice*	***Yoga*** ***"NEW CLASS"*** *w/Sophia*	***Massage*** ***(w/Jill Hagan)*** ***Monday 10:30-12:30pm*** ***Thursday 10:30-12:30pm*** ***Mon/Thurs PM (by appt)***
1	2 8am F.T.F 9:15am Spin Massage 5:30pm Beyond Barre	3 8:30am Beyond Barre 5:30pm Spin Boot	4 8am F.T.F 5:30pm Tabata	5 8am F.T.F Massage 5:30pm Beyond Barre	6 7:00am Spin 8:30am Beyond Barre	7 8:30am Yoga
8	9 8am F.T.F 9:15am Spin Massage 5:30pm Beyond Barre	10 8:30am Beyond Barre 5:30pm Spin Boot	11 8am F.T.F 5:30pm Tabata	12 8am F.T.F Massage 5:30pm Beyond Barre	13 7:00am Spin 8:30am Beyond Barre	14 8:30am Yoga
15	16 8am F.T.F 9:15am Spin Massage 5:30pm Beyond Barre	17 8:30am Beyond Barre 5:30pm Spin Boot	18 8am F.T.F 5:30pm Tabata	19 8am F.T.F Massage 5:30pm Beyond Barre	20 7:00am Spin 8:30am Beyond Barre	21 8:30am Yoga
22	23 8am F.T.F 9:15am Spin Massage 5:30pm Beyond Barre	24 8:30am Beyond Barre 5:30pm Spin Boot	25 8am F.T.F 5:30pm Tabata	26 **HAPPY THANKSGIVING!!!**	27 7:00am Spin 8:30am Beyond Barre	28 8:30am Yoga
29	30 8am F.T.F 9:15am Spin Massage 5:30pm Beyond Barre					