

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

FITNESS & PILATES

Cycling

Lali – 8:30-9:30am

Weight Training

Sue Ellen – 9:35-10:30am

Pilates Barre

Dito – 9:45-10:45am

Zumba®

Jeison – 10:30-11:30am

Power Core Pilates

Lali – 5:30-6:30pm

Zumba®

Cristian – 6:30-7:30pm

TRX Boot Camp

Alex J – 7:30-8:30pm

Cycling & Sculpting

Sue Ellen – 8:30-9:30am

Zumba®

Cristian – 8:30-9:30am

Core Fit

Sue Ellen – 9:30-10:30pm

Power Weight

Claudia – 6:30-7:30pm

Zumba®

Jeison – 7:30-8:30pm

Cycling

Lali – 8:30-9:30am

Cardio Kick Boxing

Sue Ellen – 8:30-9:30am

Zumba®

Jesion – 9:30-10:30am

Power Core Pilates

Lali – 9:30-10:30am

Zumba®

Jeison – 6:30-7:30pm

Cycling

Sue – 8:30-9:30am

TRX Pilates Workout

Lali – 8:30-9:30am **NEW**

Zumba® NEW

Wally Diaz 9:30-10:30am

Power Core Pilates

Lali - 5:30-6:30pm

Zumba®

Cristian – 6:30-7:30pm

Cycling

Lali – 8:30-9:30am

Power Circuit Training

Deemys – 9:35-10:30am

Pilates Barre

Dito – 9:45-10:45am

Zumba®

Cristian – 10:30-11:30am

Cycling

Lali – 9:00-10:00am

Pilates Sculpting

Belen – 10:00-11:00am

Zumba® - 11:00-12:00pm

Jeison

Power Weight

Danny – 10:00-11:00am

Zumba® - 11:15-12:30pm

Cristian & Jeison

YOGA

Iyengar – Level 1

Javier – 8:30-9:30am

Iyengar – Beginners

Javier – 11:00-12:00pm

Iyengar – Level 1

Javier – 6:00-7:15pm

Kundalini Yoga

Jiwan – 7:30-9:00pm

Om'echaye Yoga

Wally – 9:45-10:45am

Stretching Yoga

Sue Ellen - 10:45-11:45am

Meditation & Gong

Jiwan – 12:00-1:00pm **NEW**

Teacher Practice

Javier – 12:15-1:45pm

Hot Yoga

Penny – 5:30-7:00pm

Vinyasa Flow Yoga

Linda – 6:30-7:30pm

Iyengar - Level 2

Javier – 7:30-9:00pm

Om'echaye Yoga

Wally – 10:45-11:45am

Yoga by Donation

Grad Students – 12:30-1:30pm

Iyengar - Beginners

Javier – 6:00-7:15pm

Om'echaye Yoga

Wally- 7:30-8:30pm

Back Alignment

Javier – 8:30-9:30am

Stretching Yoga

Sue Ellen – 9:45-10:45am

Iyengar - Beginners

Javier – 10:45-11:45am

Back Alignment

Javier – 7:30-8:45pm

Iyengar – Level 1&2

Javier -8:30-9:30am

Kundalini Yoga

Jiwan – 9:30-11am

Restorative Yoga

Wally – 11:00-12:00pm

Iyengar – Level 1&2

Javier – 10:15-11:30am

Om'echaye Yoga

Wally – 11:30-12:30pm

Hot Yoga

Penny – 9:45-11:15am

Download our Om'echaye app to check this schedule in real time!



ALL CLASSES INCLUDED IN MEMBERSHIP

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

PILATES REFORMER

Pilates Reformer
Belen – 9:35-10:35am

Pilates Reformer
Sharon – 10:35-11:30am

Pilates Reformer
Jacqueline – 5:35-6:30pm

Pilates Reformer
Sharon – 8:35-9:30am

Pilates Reformer
Sharon – 5:35-6:30pm

Prenatal Pilates Ref.
Belen – 6:30-7:30pm

Pilates Reformer
Lali – 10:35-11:30am

Pilates Reformer
Sharon – 6:35-7:30pm

Pilates Reformer
Sharon – 9:35-10:30am

Pilates Reformer
Sharon – 10:35-11:30am

Pilates Reformer
Sharon – 4:35-5:30pm

Prenatal Pilates Ref.
Belen – 6:00-7:00pm

Pilates Reformer
Sharon – 8:35-9:30am

Pilates Reformer
Belen – 9:35-10:30am

Pilates Reformer
Belen – 9:00-10:00am

Pilates Reformer
Sharon – 12:30-1:25pm

Pilates Reformer
Jacqueline – 10:00-10:55am

POWER PLATE

Power Plate
Sue Ellen – 8:00-8:30am

Power Plate
Sue Ellen – 10:30-11:00am

Power Plate
Sue Ellen – 8:00-8:30am

Power Plate
Sue Ellen – 8:00-8:30am

Power Plate
Sue Ellen – 9:30-10:00am

Power Plate
Sue Ellen – 8:00-8:30am

Power Plate
Sue Ellen – 8:00-8:30am

Power Plate
Sue Ellen – 9:30-10:00am

INTEGRATIVE MEDICINE

AESTHETIC INSTITUTE

HEALTHY KITCHEN



FELDENKRAIS **Heavenly Hips!** **with Rosa Pasarin**

Improve the optimal functioning of your hips in relation to your pelvis and legs, in order to release pressure on the spine, neck & chest.

Price:
Early Bird- \$45
At the Door - \$50



FREE EVENT **COOLSCULPTING** **Full Body Makeover**

Coolsculpting® the world's #1 non-invasive fat removal treatment that freezes away treated Fat Cells Forever.

Date: 1 / 25 / 18
Time: 6:00pm

Price: Free



- Weight Loss
- DETOX
- Energy Boost

Om'echaye meal plans are the perfect solution for those with a busy lifestyle, those who want to lose weight, or those who simply looking for ways to be healthier.

Meal Plans

***Ask or Call for pricing**
954-456-6970

Date: 1 / 20 / 18
Time: 11:30am-3:00pm