

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

FITNESS & PILATES

Cycling
Alex – 8:30-9:30am

Pilates Sculpting
Belen – 8:30-9:30am-**NEW**

Weight Training
Alex – 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 – 9:30-10:30am

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

Strong by Zumba®
Alex – 5:30-6:30pm-**NEW**

Zumba®
Jeison – 6:30-7:30pm

Cycling
Sue – 8:30-9:30am

TRX Pilates Workout
Lali – 8:30-9:30am

Zumba®
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

H.I.I.T Circuit Training
Alex – 9:35-10:30am

Pilates Barre
Dito – 9:45-10:45am

Zumba®
Cristian – 10:30-11:30am

Strong by Zumba®
Alex – 9:00-10:00am-**NEW**

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
Alex – 9:45-10:45am

Stretching Yoga
Sue Ellen - 10:45-11:45am

Meditation & Gong
Jiwan – 12:00-1:00pm

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

Mindfulness Yoga
Alex – 8:30-9:30am-**NEW**

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
Alex- 7:30-8:30pm

Back Alignment
Javier – 8:30-9:30am

Stretching Yoga
Sue Ellen – 9:45-10:45am

Iyengar - Beginners
Javier – 11:00-12:00pm

Sound Healing
Magali – 12:30-1:30pm-**NEW**

Restorative Yoga
Wally 6:30-7:30pm

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 – 8:30-9:30am

Pilates Reformer
Sharon – 5:35-6:30pm

Pilates Reformer
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

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

Sound Healing and
Group Acupuncture



Join **Jiwan Kaur** **Coco Fortner**

April 26, 7-9pm \$25E/\$30A

AESTHETIC INSTITUTE



HAIR SALON
PRICE LIST



- HAIRCUT + WASH _____ \$45
- MEN'S HAIRCUT _____ \$25
- BLOWS + WASH _____ \$35 and up
- HIGHLIGHTS _____ \$35 and up
- COLOR _____ \$70 and up
- Toner: _____ \$30 and up
- Roots: _____ \$45 and up
- SPECIAL TREATMENTS
- Capillary Surgery _____ \$100 and up
- Collagen Treatment _____ \$60/ \$80 / \$100

www.omechaye.com
Phone # 954.456.6945

HEALTHY KITCHEN



REGISTERED DIETITIAN

MERCEDES BENADIVAS
RD / LDN

15 MIN FREE CONSULTATION

During this 15 min, free consultation I will go briefly over the patient's condition and/or over the reason of his/her consultation. Following that, I will provide my insights and how we can work together to integrate adequate eating habits as a part of him/her daily journey.