



The Sports Club/LA presents our

# Group Exercise and Mind Body Schedule

for Labor Day

## Monday, September 6th

9:00 – 10:00am Pilates Mat with Nell Amos

9:00 – 10:00am Zumba with Eliana Bonilla

9:15 – 10:00am Rev with Arturo Ramos

10:15am – 11:00am Rev with Arturo Ramos

11:00am – 12:00pm Definitions with Suzan Braun

12:00 – 1:15pm Yoga with Steven Herbst

12:15 – 1:00pm Rev with Suzan Braun

1:00 – 1:15pm AbExpress with Suzan Braun

Please contact Jackson Williams, Group Exercise  
Manager, at [jwilliams@mp-sportsclub.com](mailto:jwilliams@mp-sportsclub.com) or  
305.533.1199, ext. 7909 with questions.

