

Miami Weekly Workout Classes

MONDAY Aventura – Coming Soon	TUESDAY Coconut Grove	WEDNESDAY Downtown Miami	THURSDAY Kendall
November 2	November 3 FREE Intro CLASS (PLEASE RSVP) INTRO CLASS (New students only) Coconut Grove 7:00pm-8:00pm	November 4 FREE Intro CLASS (PLEASE RSVP) INTRO CLASS (New students only) Downtown Miami 8:00pm – 9:00pm	November 5 FREE Intro CLASS (PLEASE RSVP) INTRO CLASS (New students only) Kendall 8:00pm-9:00pm
November 9	November 10 Weekly Workout 1 Coconut Grove 7:00pm-8:00pm	November 11 VETERANS DAY Weekly Workout 1 Downtown Miami 8:00pm – 9:00pm	November 12 Weekly Workout 1 Kendall 8:00pm-9:00pm
November 16	November 17 Weekly Workout 2 Coconut Grove 7:00pm-8:00pm	November 18 Weekly Workout 2 Downtown Miami 8:00pm – 9:00pm	November 19 Weekly Workout 2 Kendall 8:00pm-9:00pm
November 23	November 24 Weekly Workout 3 Coconut Grove 7:00pm-8:00pm	November 25 Weekly Workout 3 Downtown Miami 8:00pm – 9:00pm	November 26 THANKSGIVING NO CLASS
November 30	December 1 Weekly Workout 4 Coconut Grove 7:00pm-8:00pm	December 2 Weekly Workout 4 Downtown Miami 8:00pm – 9:00pm	December 3 Weekly Workout 3 Kendall 8:00pm-9:00pm
December 7	December 8	December 9	December 10 Weekly Workout 4 Kendall 8:00pm-9:00pm

Weekly Workout – Exotic Dance Workout Class – 60 Minutes

Free Week of Classes (November 2nd – 5th)

First Class is FREE (You must PRE-REGISTER for the FREE CLASS) (\$60 - 4 Class Series)

Ladies, come and workout in your heels with a Chair !

Each Workout Class is filled with Exotic Dance Moves that work out every muscle in your body.

(we also incorporate Floor Moves & Chair Dancing Moves in our Workout Classes)

Workout Attire & High Heels are recommended (but are not mandatory)

Coming Soon (Aventura Weekly Classes)

No previous dance experience required. Classes are for Every Woman, Every Age, Every Size !

Exotic Dancing is much more than dancing sexy. It's learning how to reach deep within yourself to find your inner beauty & grace, & then combine these into sensual movements that only YOU can express.

Girls Night Out - Chair Dancing - 2 Hour Exotic Dance Class

(\$45 per person)

This 90 minute class is perfect for Bachelorette Parties, Birthday Parties, Girls Night Out get-together's – ANY reason at all !

Learn several exotic dance routines including Chair Moves ! **PRE-REGISTRATION REQUIRED**

Saturday November 21st , (6:00pm-9:00pm)
at our Coral Gables Location

Saturday November 28th (6:00pm – 8:00pm)
at our Downtown Miami Location

Aventura / North Miami Beach
(NEW LOCATION)

Coconut Grove Location
(NEW LOCATION)
Belly2Abs Studio
2829 Bird Ave 2nd Floor - Suite 7
Coconut Grove, 33133
(Free Parking)

Downtown Miami Location
Power Fit Studios
Located in the Opera Towers
1750 N. Bayshore Drive
Miami, FL 33132
(Free Valet Parking)

Kendall
Across from The Falls
Precision Personal Training
8861 SW 132nd Street
Miami, 33176

* Private Lessons * Bachelorette Parties * Girls Night Out * Birthday Parties * Fund Raisers*