

# PALM BEACH SUMMER TIMETABLE

### MONDAY

Ladies only class > 10am-11am Flow class > 5pm-7:15pm

#### TUESDAY

Guided intro class > 11am

#### WEDNESDAY

Ladies only class > 5pm-6:30pm

## **THURSDAY**

Guided intro class > 11am

#### FRIDAY

Friday Freeze - \$40 Full Body Cryo (new clients)