

TAILORED

FITNESS

Miramar Group Training

Morning Sessions

Monday

6:00am
8:00am

Tuesday

6:00am
8:00am

Wednesday

6:00am
8:00am

Thursday

6:00am
8:00am

Friday

6:00am
8:00am

Evening Sessions

Monday

6:30pm
7:30pm

Tuesday

6:30pm
7:30pm

Wednesday

6:30pm
7:30pm

Thursday

6:30pm
7:30pm

Friday

No Sessions

Saturday Sessions

9:00am

Sunday Sessions

No Session

All Sessions 40 Minutes