

# 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  
8:30pm

**Tuesday**

6:30pm  
7:30pm  
8:30pm

**Wednesday**

6:30pm  
7:30pm  
8:30pm

**Thursday**

6:30pm  
7:30pm  
8:30pm

**Friday**

No Sessions

### Saturday Sessions

9:00am

### Sunday Sessions

No Session

**All Sessions 40 Minutes**

P: 954-383-4731 | E: [Info@tailoredfitness.net](mailto:Info@tailoredfitness.net) | 2700 S University Drive, Suite 201, Miramar FL. 33025

[www.TailoredFitness.net](http://www.TailoredFitness.net)