GROUP FITNESS CLASS SCHEDULE

SUNDAY

9:00 AM | Kaula Yoga (Alejandro)
2:00 PM | Yogilates (Jacqueline)

MONDAY

9:00 AM | Vinyasa Flow (Bethany)
5:00 PM | Sunset Yoga (Bethany)

TUESDAY

9:00 AM | Vinyasa Flow (Bethany)
5:00 PM | Sunset Yoga (Julia)

WEDNESDAY

9:30 AM | Mat Pilates (Ginger)
6:00 PM | Bootcamp (Jacqueline)

THURSDAY

11:00 AM | Chisel (Nina)
6:00 PM | Bootcamp (Jacqueline)

FRIDAY

9:00 AM | Vinyasa Flow (Kiki)
6:00 PM | Bootcamp (Jacqueline)

SATURDAY

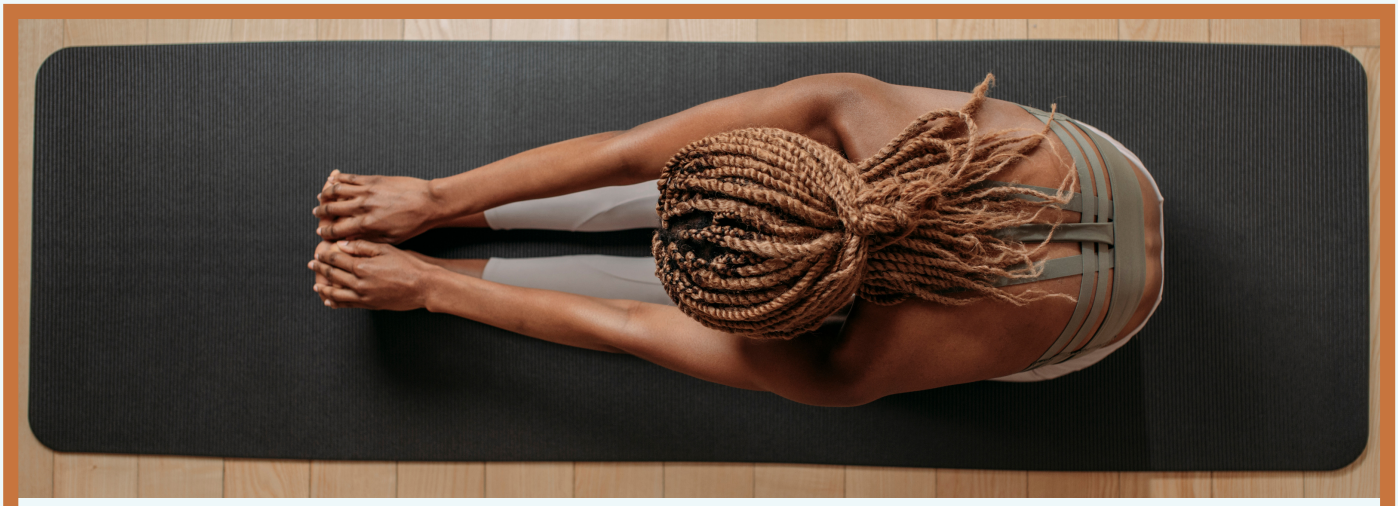
9:00 AM | Kaula Yoga (Alejandro)
2:00 PM | Butts and Gutts (Jacqueline)

Please reserve by calling Esencia Wellness at 305.674.5540 or spa@nobuedenroc.com. For all classes, meet at Esencia Wellness Spa reception 10 minutes prior to class time to check-in. Classes are complimentary to Eden Roc and Nobu Hotel guests, and 45 twenty five members. A one (1) hour minimum reservation is required, and reservations for 9:00 a.m. classes must be made the day prior.

ESENCIA WELLNESS

45 twenty five

4525 Collins Avenue Miami Beach, FL 33140 | 305.674.5540
esenciawellnessspa.com | spa@nobuedenroc.com



CLASS DESCRIPTIONS

BOOTCAMP

A high intensity workout, filled with high energy, encouragement, challenging workouts and a sequence created to give you a full body workout. 45-minutes

BUTTS AND GUTTS

This class mainly focuses on the two problem areas: the abs and glutes. Fuel your motivation through music and movement. Be prepared to be challenged and sweat. 45-minutes

CHISEL

High intensity and carefully targeted movements. Using body weight to sculpt a strong core, strengthen arms and build toned legs and glutes. Working in intervals of 45-seconds, you will be able to do as many repetitions as possible within your fitness level to the beat of the best house music and hip hop. 45-mintues

KAULA YOGA

A meditative and balancing form of yoga that teaches every cell in your body to relax and meditate. 45-minutes

MAT PILATES

This high intensity, low impact Pilates class centers on the core and how it plays a part in every movement. You'll learn to strengthen your core while also toning arms, legs and glutes. We will also focus on little muscles like inner thighs and triceps, all using your body's own resistance combined with a variety of props. 50-minutes

VINYASA FLOW

A creative and dynamic class that uses breath to link physical yoga postures. Postures are sequenced in a way to help increase flexibility, strength and tune in to your body's own rhythm. All levels are welcome. 60-minutes

YOGALATES

A hybrid between Yoga and Pilates using a yoga structure while incorporating Pilates moves. This practices is designed to target your core, get in your cardio, while finding your mindfulness.