

FITNESS TAKEOVER 2016 SCHEDULE



Friday July 8, 2016 MTO Fitness Takeover Schedule July 8-10, 2016 All Fitness Events held at Marseilles Hotel 1741 Collins Ave, in the Ballroom			
Time	Activity	Instructor	
6:45 – 7:30am	Early Riser Beach Run - Meet at the Beach Entrance at the Marseilles Hotel @ 1741 Collins Avenue. (Enter through hotel or boardwalk)		
8:00 - 8:35am	Zumba	Watanya Resper Zumba Fitness	
9:00 - 9:25am	PiYo Live!	Monique Heyward BeachBody	
9:40 - 10:15am	Afro Carribean Dance	Neki Nettey KaribFit	
10:30 - 11:05am	Total Body	Rotunda Mobley Designing Bodies By Ro	
11:20 – 11:55am	Fet~ness Caribbean Cardio	Keisha Huggins Fetness	
Saturday July 9, 2016 MTO Fitness Takeover Schedule July 8-10, 2016 All Fitness Events held at Marseilles Hotel 1741 Collins Ave, in the Ballroom			
Time	Activity	Instructor	
6:45 – 7:30am	Early Riser Beach Run - Meet at the Beach Entrance at the Marseilles Hotel @ 1741 Collins Avenue. (Enter through hotel or boardwalk)		
8:00 - 8:35am	Total Body	Rotunda Mobley Designing Bodies By Ro	
8:50 - 9:25am	Fet~ness Caribbean Cardio	Keisha Huggins Fetness	
9:40 - 10:15am	Zumba	Watanya Resper Zumba Fitness	
10:30 - 11:05am	PiYo Live!	Monique Heyward BeachBody	
11:20 – 11:55am	Afro Carribean Dance	Neki Nettey KaribFit	
12:30 – 1:30pm	XTreme Hip-Hop	XTreme Hip Hop with Phil *Additional Charge*	
Sunday July 10, 2016 MTO Fitness Takeover Schedule July 8-10, 2016 All Fitness Events held at Marseilles Hotel 1741 Collins Ave, in the Ballroom			
Time	Activity	Instructor	
7:30 - 8:00am	Afro Carribean Dance	Neki Nettey KaribFit	
8:15 - 8:45am	Total Body	Rotunda Mobley Designing Bodies By Ro	
9:00 – 9:30am	PiYo Live!	Monique Heyward BeachBody	
9:45 - 10:15am	Fet~ness Caribbean Cardio	Keisha Huggins Fetness	
10:30 – 11:00am	Zumba	Watanya Resper Zumba Fitness	