



GROUP FITNESS SCHEDULE

SUNDAY

9:00 AM | Kaula Yoga with Alejandro
10:00 AM | Tactical Body Blast with Devin

MONDAY

9:00 AM | Kripalu with Michelle
6:00 PM | Zumba with Jeni
7:00 PM | Kickboxing & techniques with George

TUESDAY

8:00 AM | Rise and Flow with Jeni
8:00 PM | Cardio Sculpt and Chisel with Devin

WEDNESDAY

9:00 AM | Sunrise meditation and stretch with Michelle
7:00 PM | Zumba with Jeni

THURSDAY

8:00 AM | Cardio Kickboxing with Devin
9:00 AM | Combat Recovery Yoga w/Michelle
7:00 PM | Box and Burn with Devin

Friday

10:30 AM | HIIT With Devin

SATURDAY

9:00 AM | Kaula Yoga with Alejandro
10:00 AM | Kickboxing & techniques with George

ALL CLASSES ARE 50 MINUTES

****GUEST ARRIVING 10 MINUTES AFTER CLASS START TIME WILL NOT BE ABLE TO JOIN****


PLEASE MEET AT THE ESENCIA WELLNESS MOVEMENT STUDIO 10 MINUTES PRIOR TO CLASS TIME TO CHECK-IN

Please reserve by calling Esencia Wellness at 305.674.5540 or spa@nobuedenroc.com.
Classes are complimentary to Eden Roc and Nobu Hotel guests, and 45 twenty five members.

ESENCIA
WELLNESS

45 *twenty five*
THE MEMBERSHIP CLUB

4525 Collins Avenue Miami Beach, FL 33140 | 305.674.5540
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Class Descriptions

Cardio Kickboxing

This class offers a combination of intense kickboxing moves including techniques for punching, kicking, and body conditioning. Get ready to find your inner strength.

HIIT (High Intensive Interval Training)

Expect a full body workout focused on helping you push your limits while improving muscular strength and endurance.

KAULA YOGA

A meditative and balancing form of yoga that teaches every cell in your body to relax and flow to build strength, vitality, and inner harmony.

KRIPALU

A gentle yet challenging Hatha class emphasizing inward focus, pranayama, and meditation. A practice that honors how to love yourself and where you are at.

RISE AND FLOW

A soul nourishing and mind purifying class cultivated to jumpstart your mind, body and heart. This class includes postures that are sequenced in a way to help increase flexibility, strength, and tune in to your body's own rhythm.

SCULPT AND BURN

A high intensity workout filled with positive vibes. This challenging sequence will give you a full body workout leaving you physically and mentally empowered.
