

train with us

fitness class schedule

ROYA FIT

monday

9:00 AM

strength circuit

Step into Strength Circuit, an empowering class where we leverage the power of bodyweight exercises to sculpt and strengthen your entire body. Each session is carefully designed to target different muscle groups through a series of dynamic movements. From squats and lunges to push-ups and planks, you'll engage in a variety of exercises that build strength, improve endurance, and enhance flexibility. All levels

6:00 PM

upper body strength

Welcome to Upper Body Strength, where we focus on building power, definition, and resilience in your upper body muscles. This class is designed to target your arms, shoulders, chest, and back through a series of effective strength building exercises. All levels

tuesday

9:00 AM

cardio circuit

Welcome to our Cardio Circuit class, where we blend heart-pumping cardio exercises with the intensity of circuit training for a exhilarating workout experience. Get ready to elevate your heart rate and burn calories as you move through a series of dynamic stations designed to keep you challenged and engaged. All levels

6:00 PM

stretch & mobility

Welcome to our Stretch & Mobility class, where we prioritize flexibility, mobility, and overall well-being. This class is designed to help you release tension, improve range of motion, and enhance your body's mobility through a series of gentle stretches and movement exercises. Each class you learn techniques to increase flexibility, relieve tightness, and promote better mobility. All levels

wednesday

9:00 AM

beach run

Welcome to our Beach Walk/Run class, where the serene sounds of crashing waves set the backdrop for your fitness journey. Whether you're a seasoned runner or just starting out, this class caters to all levels, allowing you to work at your own pace. With gentle encouragement and personalized guidance, you'll find motivation to push your limits, or simply enjoy a leisurely stroll by the sea.

6:00 PM

sound bath meditation

Immerse yourself in a deeply relaxing and rejuvenating experience with 420hz of crystal during this 30 min sound bath meditation. Allow the soothing sounds of crystal bowls realign and relax your body bringing you towards a state of tranquility and well-being.

thursday

9:00 AM

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friday

9:00 AM

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6:00 PM

abs & glutes

Welcome to our Abs & Glutes class, where we sculpt and tone your core and lower body for a stronger, finer, and more defined physique. This class is dedicated to targeting the abdominal muscles and glutes through a variety of effective exercises and movements. All levels

saturday

9:00 AM

yoga

Welcome to our Yoga class, where we flow with intention, breath, and movement to cultivate strength, flexibility, and inner peace. Each class offers a creative sequence of asanas (poses) designed to build heat, increase flexibility, and promote mindfulness. All levels

6:00 PM

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sunday

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meeting location

PLEASE ARRIVE A FEW MINUTES BEFORE CLASS

Meet your RoyaFit instructor outside of the spa. Class destination is subject to change due to weather. Please check with the Front Desk.

PRIVATE CLASSES + EXPERIENCES AVAILABLE
PERSONAL TRAINING
PRIVATE GROUP SESSIONS

For further inquiries, please visit concierge, spa or call 786.382.5196 | email: roya@royafit.com

THE MIAMI BEACH
EDITION