



600 TECHNOLOGY SQUARE

# GROUP EXERCISE SCHEDULE

WEEKEND CLASSES ARE AT 215 FIRST ST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						SPRINT 30 ★ 9 AM	RPM 45 ★ 9 AM
NOON	YOGA 55		BODYPUMP 55	YOGA 55		BODYPUMP 55 ■ 9 AM	
5:30 PM	BODYPUMP 55	BODYBALANCE 55		BODYPUMP 55		MARTIAL ARTS 55 ▲ 9 AM	
6 PM			ZUMBA 55			CORE 30 ■ 10 AM	BODYPUMP 45 ■ 10 AM
6:30 PM	CORE 30	BODYPUMP 55		YOGA 55			

★ CYCLE ROOM  
2nd FLOOR

▲ BASKETBALL  
COURT

■ GROUND FLOOR  
GROUP EX ROOM

30  
45  
55 | CLASS DURATION