



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			BODYPUMP 55 ■ 9 AM	
5:30 PM	BODYPUMP 55	BODYBALANCE 55	ZUMBA 55	BODYPUMP 55		MARTIAL ARTS 55 ▲ 9 AM	
6 PM						CORE 30 ■ 10 AM	BODYPUMP 45 ■ 10 AM
6:30 PM	CORE 30	BODYPUMP 55	BODYPUMP 55	YOGA 55			

★ CYCLE ROOM
2nd FLOOR

▲ BASKETBALL
COURT

■ GROUND FLOOR
GROUP EX ROOM

30
45
55 | CLASS DURATION