



# BELLINGHAM GX



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						<b>8:30AM - 9:20AM</b> STUDIO CYCLE Kharrisa
<b>9:00AM - 9:50AM</b> CYCLE & CORE Kharissa	<b>9:00AM - 9:50AM</b> CARDIO DANCE FITNESS Dianna	<b>9:00AM - 9:50AM</b> PURE STRENGTH Dianna	<b>9:00AM - 9:50AM</b> STUDIO CYCLE Carole	<b>9:00AM - 9:50AM</b> CARDIO KICKBOXING Antonio	<b>8:30AM - 9:20AM</b> STUDIO CYCLE Peter	<b>9:30AM - 10:20AM</b> POWER VINYASA YOGA Charles
<b>10:00AM - 10:50AM</b> PURE STRENGTH Kharisa	<b>10:00AM - 10:50AM</b> P90X LIVE Dianna	<b>10:00AM - 10:50AM</b> PIYO STRENGTH Dianna	<b>10:00AM - 10:50AM</b>  Carole	<b>10:00AM - 10:50AM</b> PURE STRENGTH Antonio	<b>9:30AM - 10:20AM</b> CARDIO DANCE FITNESS Dianna	
					<b>10:30AM-11:20AM</b> PURE STRENGTH Antonio	
<b>5:30PM - 6:20PM</b> STUDIO CYCLE Stephen	<b>5:30PM - 6:20PM</b>  Dianne Pereira	<b>5:30PM - 6:20PM</b> CARDIO KICKBOXING Antonio	<b>5:30PM - 6:20PM</b> PURE STRENGTH Ana		<b>BABYSITTING HOURS</b> MONDAY - FRIDAY 8:30AM-12:00PM / 4:30PM-8:30PM SATURDAY & SUNDAY 8:30AM-12:00PM   Like us on <b>Facebook</b>  <b>wownewengland.com</b> <a href="http://www.facebook.com/wownewengland">www.facebook.com/wownewengland</a>	
<b>6:30PM - 7:20PM</b>  Dianne	<b>6:30PM - 7:20PM</b> TABATA Kharissa	<b>6:30PM - 7:20PM</b> RMS ABS and ASSETS Antonio	<b>6:30PM - 7:20PM</b> STUDIO CYCLE Peter	<b>6:30PM - 7:20PM</b>  Dianne Pereira		
<b>7:30PM - 8:20PM</b> BOOTY & AB RIPPER Antonio	<b>7:30PM - 8:20PM</b> POWER VINYASA YOGA Charles		<b>7:30PM - 8:20PM</b> POWER VINYASA YOGA Charles			

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**Please Note: All classes are FREE to Platinum Members**  
**The warm-up is essential to prevent injury. Schedules and Instructors are subject to change at anytime.**