



BELLINGHAM GX



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

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.