



# BROCKTON GX



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>9:00AM-9:50AM</b> <b>PURE STRENGTH</b> Michelle	<b>9:00AM-9:50AM</b> <b>KICK'N ABS</b> Jessica N	<b>9:00AM-9:50AM</b>  DAP	<b>9:00AM-9:50AM</b> <b>PURE STRENGTH</b> DAP	<b>9:00AM-9:50AM</b> <b>KICK and CORE</b> Tina	<b>8:30AM-9:20AM</b> <b>URBAN STEP w/WEIGHTS</b> Jenn	<b>8:30AM-9:20AM</b> <b>PILATES</b> Patricia
<b>10:00AM - 10:50AM</b> <b>PIYO STRENGTH</b> Michelle	<b>10:00AM - 10:50AM</b> <b>CARDIO SCULPT</b> Jessica N	<b>10:00AM - 10:50AM</b> <b>"TIME" to SHRED</b> DAP	<b>10:00AM - 10:50AM</b>  DAP	<b>10:00AM - 10:50AM</b> <b>BANDS &amp; BAR STRENGTH</b> Tina	<b>9:30AM-10:20AM</b> <b>KO KICK "LIGHTS OUT"</b> Jenn	<b>9:30AM-10:20AM</b> <b>CARDIO DANCE FIT</b> DR. B
	<b>4:30PM - 5:20PM</b> <b>BOOTY &amp; AB RIPPER</b> Michelle	<b>4:30PM - 5:20PM</b> <b>BODY BARRE</b> DAP			<b>10:30AM - 11:20AM</b>  Shaunice	
<b>5:30PM - 6:20PM</b> <b>STRONG</b> Shaunice	<b>5:30PM - 6:20PM</b> <b>CARDIO INTERVAL BURN</b> Michelle	<b>5:30PM - 6:20PM</b> <b>MUSCLE CONFUSION</b> DAP	<b>5:30PM - 6:20PM</b> <b>CARDIO KICKBOXING</b> DAP		<b>BABYSITTING HOURS</b> <b>MONDAY - FRIDAY</b> 8:30AM-12:00PM / 4:30PM-8:30PM <b>SATURDAY &amp; SUNDAY</b> 8:30AM-12:00PM  Like us on Facebook  <a href="http://wownewengland.com">wownewengland.com</a> <a href="http://www.facebook.com/wownewengland">www.facebook.com/wownewengland</a>	
<b>6:30PM - 7:20PM</b>  Chi	<b>6:30PM - 7:20PM</b> <b>POUND</b> Karen	<b>6:30PM - 7:20PM</b>  Jessica R	<b>6:30PM - 7:20PM</b>  Camille	<b>6:30PM - 7:20PM</b>  Myriam		
	<b>7:30PM - 8:20PM</b>  Karen G.					

Please Note: All classes are FREE to Platinum Members PLEASE NOTE KOKick"Lights out"class is with the lights off