



# EAST PROVIDENCE GX



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:00AM - 6:50AM</b> <b>CARDIO SCULPT</b> Jordan	<b>6:00AM - 6:50AM</b> <b>CORE FUSION</b> Jordan	<b>6:00AM - 6:50AM</b> <b>MUSCLE CONFUSION</b> Antonio	<b>6:00AM - 6:50AM</b> <b>STUDIO CYCLE</b> Daniella		<b>8:30AM - 9:20AM</b> <b>CARDIO SCULPT</b> Gail B	<b>8:30AM - 9:20AM</b> <b>STUDIO CYCLE</b> Krissy
<b>9:00AM-9:50AM</b> <b>BOOTY AND AB RIPPER</b> Danielli	<b>9:00AM-9:50AM</b> <b>STUDIO CYCLE</b> Gail St.	<b>9:00AM-9:50AM</b> <b>"TIME" to SHRED</b> Jen	<b>9:00AM-9:50AM</b> <b>CARDIO KICKBOXING</b> Antonio	<b>9:00AM-9:50AM</b> <b>CORE FUSION</b> Nadia	<b>9:30AM-10:20AM</b> <b>STUDIO CYCLE</b> Gail B	<b>9:30AM-10:20AM</b> <b>MUSCLE CONFUSION</b> Jordan
<b>10:00AM-10:50AM</b> <b>ZUMBA</b> Danielli	<b>10:00AM-10:50AM</b> <b>POWER VINYASA YOGA</b> Gail St.	<b>10:00AM-10:50AM</b> <b>STUDIO CYCLE</b> Daniella	<b>10:00AM-10:50AM</b> <b>PURE STRENGTH</b> Antonio	<b>10:00AM-10:50AM</b> <b>ZUMBA</b> Gina	<b>10:30AM-11:20AM</b> <b>CARDIO DANCE</b> Gina	<b>10:30AM-11:20AM</b> <b>ZUMBA</b> Silvia
<b>4:30PM - 5:20PM</b> <b>"TIME" to SHRED</b> Jen	<b>4:30PM - 5:20PM</b> <b>PURE STRENGTH</b> Antonio	<b>4:30PM - 5:20PM</b> <b>POWER VINYASA YOGA</b> Dave			 <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 <b>wownewengland.com</b> <a href="http://www.facebook.com/wownewengland">www.facebook.com/wownewengland</a>	
<b>5:30PM - 6:20PM</b> <b>STUDIO CYCLE</b> Nadia	<b>5:30PM - 6:20PM</b> <b>CARDIO KICKBOXING</b> Antonio	<b>5:30PM - 6:20PM</b> <b>ZUMBA</b> Amanda	<b>5:30PM - 6:20PM</b> <b>CARDIO KICKBOXING</b> Nadia			
<b>6:30PM - 7:20PM</b> <b>KICK &amp; TONE</b> Nadia	<b>6:30PM - 7:20PM</b> <b>ZUMBA</b> Gina	<b>6:30PM - 7:20PM</b> <b>Z STEP</b> Amanda	<b>6:30PM - 7:20PM</b> <b>PURE STRENGTH</b> Nadia			

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.