



MEDFORD GX



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM - 6:50AM STUDIO CYCLE Kristen	9:00AM - 9:50AM MUSCLE CONFUSION Joanne			6:00AM - 6:50AM STUDIO CYCLE Kristen	8:30AM - 9:20AM CARDIO KICKBOXING Calvin	8:30AM - 9:20AM 30 KICK 30 TONE Mel
9:00AM - 9:50AM KICK & TONE Mel		9:00AM - 9:50AM PILATES Katia	9:00AM - 9:50AM KICK & ABS Joanne	9:00AM - 9:50AM "TIME" to Cara	8:30AM - 9:20AM STUDIO CYCLE Meghan	9:30AM - 10:20AM TBD
10:00AM - 10:50AM POWER VINYASA YOGA Talene	10:00AM - 10:50AM Meghan		10:00AM - 10:50AM Joanne	10:00AM - 10:50AM POWER VINYASA YOGA Talene	9:30AM - 10:20AM "TIME" to SHRED Calvin	10:30AM-11:20AM HATHA YOGA Sara
5:30PM - 6:20PM CARDIO SCULPT Bethany	5:30PM - 6:20PM XXMIXXEDFIT! Calvin	5:30PM - 6:20PM STUDIO CYCLE Bethany	5:30PM - 6:20PM ULITIMATE BODY CUTZ Bethany	5:30PM - 6:20PM KICKBOXING Mel	BABYSITTING HOURS MONDAY - FRIDAY 8:30AM-12:00PM / 4:30PM-8:30PM SATURDAY & SUNDAY 8:30AM-12:00PM Like us on Facebook wownewengland.com	
6:30PM - 7:20PM Calvin	6:30PM - 7:20PM MUSCLE CONFUSION Calvin	6:30PM - 7:20PM UPPER BODY & CORE Bethany	6:30PM - 7:20PM STUDIO CYCLE Bethany			
7:30PM - 8:20PM PILATES Katia		7:30PM - 8:20PM VINYASA YOGA	6:30PM - 7:20PM Allesandra			

		Kimberly	TBD	www.facebook.com/wownewengland www.facebook.com/wownewengland
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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.