



MEDFORD GX



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:00AM - 9:50AM MUSCLE CONFUSION Joanne				8:30AM - 9:20AM CARDIO KICKBOXING Joanne	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 Mel	9:00AM - 9:50AM "TIME" to Cara	8:30AM - 9:20AM STUDIO CYCLE Meghan	9:30AM - 10:20AM ZUMBA Alesia
10:00AM - 10:50AM POWER VINYASA YOGA Danielle	10:00AM - 10:50AM Body-Barra Meghan	10:00AM - 10:50AM ZUMBA Joanne		10:15AM - 11:05AM POWER VINYASA YOGA Talene	9:30AM - 10:20AM "TIME" to SHRED Meghan	10:30AM-11:20AM HATHA YOGA Sara
5:30PM - 6:20PM CARDIO SCULPT Bethany	5:30PM - 6:20PM ZUMBA Alesia	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 ZUMBA Mossi	6:30PM - 7:20PM VINYASA YOGA Zoe	6:30PM - 7:20PM UPPER BODY & CORE Bethany	6:30PM - 7:20PM STUDIO CYCLE Bethany			
		7:30PM - 8:20PM VINYASA YOGA	6:30PM - 7:20PM ZUMBA 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.