



METHUEN GX



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM - 6:50AM CYCLE & CORE Maria	6:00AM - 6:50AM "TIME" to SHRED Joanne	6:00AM - 6:50AM CYCLE & WEIGHTS Joanne			7:30AM - 8:15AM STUDIO CYCLE Katherine	8:30AM - 9:20AM ZUMBA Kathlen
9:00AM - 9:50AM KICK & TONE Joanne	9:00AM - 9:50AM CARDIO SCULPT Lani	9:00AM - 9:50AM MUSCLE CONFUSION Maria	9:00AM - 9:50AM STUDIO CYCLE Maria	9:00AM - 9:50AM STUDIO CYCLE Katherine	8:30AM - 9:20AM CARDIO SCULPT Katherine	9:30AM - 10:20AM ELEMENTAL YOGA Shauna
	10:00AM - 10:50AM ZUMBA Lani	10:00AM - 10:50AM ZUMBA Lourdes	10:00AM - 10:50AM UPPER BODY & CORE Maria	10:00AM - 10:50AM PURE STRENGTH Katherine	9:30AM - 10:20AM ZUMBA Emily	
4:30PM - 5:20PM Power Yoga Tracy		4:30PM - 5:20PM STUDIO CYCLE Katherine	4:30PM - 5:20PM PURE STRENGTH Kim	4:30PM - 5:20PM CYCLE & WEIGHTS Joanne		
5:30PM - 6:20PM CARDIO KICKBOXING Joanne	5:30PM - 6:20PM 20/20/CORE Lourdes	5:30PM - 6:20PM BODY BARRE Katherine	5:30PM - 6:20PM STUDIO CYCLE Kim	5:30PM - 6:20PM ZUMBA Joanne	BABYSITTING HOURS MONDAY - FRIDAY 8:30AM-12:00PM / 4:30PM-8:30PM SATURDAY & SUNDAY 8:30AM-12:00PM	
6:30PM - 7:20PM ZUMBA Joanne	6:30PM - 7:20PM CYCLE & WEIGHTS Joanne	6:30PM - 7:20PM ZUMBA Digna	6:30PM - 7:20PM ZUMBA Kathlen			
	7:30PM - 8:20PM ZUMBA Kathlen		7:30PM - 8:20PM POWER YOGA Tracy			

Please Note: All classes are FREE to Platinum Members

