



NEW BEDFORD GX



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30AM - 6:20AM STUDIO CYCLE Carrie		5:30AM - 6:20AM YOGA Carrie		8:15AM - 9:20AM KRANK IT UP 65 Karen	8:00am-8:45am STUDIO CYCLE Tina
9:00AM-9:50AM CYCLE ENDURANCE Karen	9:00AM-9:50AM BRAZILIAN BOOTY and AB RIPPER Karen	9:00AM-9:50AM ZUMBA Linda	9:00AM-9:50AM ZUMBA Linda	9:00AM-9:50AM TABATA Karen	9:30AM-10:20AM CARDIO SCULPT Karen	9:00AM-9:50AM ZUMBA Jessica
10:00AM-10:50AM CARDIO SCULPT Karen	10:00AM-10:50AM STUDIO CYCLE Karen		10:00AM-10:50AM COREBOARDS & MORE Karen	10:00AM-10:50AM CYCLE CARDIO Karen	10:30AM-11:20AM BUTI YOGA Kelly	
4:30PM-5:20PM CYCLE, STRENGTH & STRETCH Rikki	4:30PM-5:20PM TABATA Karen	4:30PM-5:20PM PURE STRENGTH Rikki	4:30PM-5:20PM YOGA Rikki		ZUMBA	
5:30PM - 6:20PM BUTI YOGA Linda	5:30PM - 6:20PM YOGA Suzanne	5:30PM - 6:20PM BUTI YOGA Kelly	5:30PM - 6:20PM TABATA Patty	5:00PM - 5:50PM KETTLEBELL & MORE DAP	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 Linda	6:30PM - 7:20PM KICK & TONE Suzanne	6:30PM - 7:20PM ZUMBA Linda		6:30PM - 7:20PM ZUMBA Danielli		

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.