



# NORWOOD GX



| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY   | SUNDAY   |
|--|---|---|---|---|--|--|
| <b>5:45-6:35AM</b><br>RUSSIAN KBELL<br>Derek             | <b>5:45-6:35AM</b><br>STUDIO CYCLE<br>Derek                 | <b>6:00-6:50AM</b><br>POWER YOGA<br>Stacey                | <b>6:00-6:50AM</b><br>MUSCLE<br>CONFUSION<br>C.Mackie           | <b>5:45-6:35AM</b><br>RUSSIAN KBELL<br>CARDIO<br>Derek        |  |  |
| <b>9:00AM-9:50AM</b><br>STRENGTH &<br>CORE<br>Carole     | <b>9:00AM-9:45AM</b><br>BARRELATTES<br>Lisa V.              | <b>9:00AM-9:50AM</b><br>OLE SKOOL<br>STEP<br>Jenn         | <b>9:00AM-9:50AM</b><br>INTERVAL<br>TRAINING<br>/CYCLE<br>Konda | <b>9:00AM-9:50AM</b><br>BARRELATTES<br>DAP                    | <b>8:00AM-8:50AM</b><br>PURE STRENGTH<br>Antonio   | <b>8:30AM-9:20AM</b><br>STUDIO CYCLE<br>Derek    |
| <b>10:00AM-10:50AM</b><br>CYCLE/BENDER<br>BALL<br>Carole | <b>10:00AM-10:50AM</b><br>ZUMBA & CORE<br>Patricia          | <b>10:00AM-10:50AM</b><br>PURE STRENGTH<br>Jenn           | <b>10:00AM-10:50AM</b><br>Konda                                 | <b>10:00AM-10:50AM</b><br>DAP                                 | <b>9:00AM-9:50AM</b><br>CARDIO<br>KICKBOXING<br>Antonio  | <b>9:30AM-10:20AM</b><br>POP<br>PILATES<br>Maria |
| <b>12:00PM-12:50PM</b><br>Pilates<br>Carole              |   | <b>12:00PM-12:50PM</b><br>PiYo STRENGTH<br>Michelle       |   | <b>12:00PM - 12:50PM</b><br>POWER<br>VINYASA YOGA<br>Sagarika | <b>10:30AM - 11:20AM</b><br>POWER<br>VINYASA YOGA<br>Sagarika  | <b>10:30AM - 11:20AM</b><br>Lindsey              |
| <b>5:30PM - 6:20PM</b><br>Lisa V                         | <b>5:30PM - 6:20PM</b><br>STUDIO CYCLE<br>Marissa           | <b>5:30PM - 6:20PM</b><br>MUSCLE<br>CONFUSION<br>C.Mackie | <b>5:30PM - 6:20PM</b><br>CARDIO<br>KICKBOX<br>Susan            |   | <b>BABYSITTING HOURS</b><br><b>MONDAY - FRIDAY</b><br>8:30AM-12:00PM / 4:30PM-8:30PM<br><b>SATURDAY/SUNDAY</b><br>8:00AM-12:00PM/8:30AM-12:00PM<br><br>Like us on<br><b>Facebook</b><br><br><b>wownewengland.com</b><br><a href="http://www.facebook.com/wownewengland">www.facebook.com/wownewengland</a> |  |
| <b>6:30PM - 7:20PM</b><br>"TIME" to<br>SHRED<br>Leah     | <b>6:30PM - 7:20PM</b><br>POWER<br>VINYASA YOGA<br>Sagarika | <b>6:30PM - 7:20PM</b><br>Ilana                           | <b>6:30PM - 7:20PM</b><br>POWER<br>VINYASA YOGA<br>Sagarika     |   |  |  |
| <b>7:30PM - 8:20PM</b><br>Letia                          | <b>7:30-8:20PM</b><br>Jess                                  |   | <b>7:30-8:20PM</b><br>DAP                                       |   |  |  |

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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.**