



NASHUA GX

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8:30AM - 9:20AM SPIN Kim	8:00AM - 8:50AM  Kelly
9:00AM - 9:50AM  Karen	9:00AM - 9:50AM STUDIO CYCLE Katherine	9:00AM - 9:50AM  Joanne	9:00AM - 9:50AM PURE STRENGTH Deb	9:00AM - 9:50AM  Kelly	9:30AM - 10:20AM ARMS & ABS Kim	
10:00AM - 10:50AM PiYo and CORE Karen	10:00AM - 10:50AM CARDIO SCULPT Katherine	10:00AM - 10:50AM "TIME" TO SHRED Joanne	10:00AM - 10:50AM CYCLE & WEIGHTS Katherine			
5:30PM - 6:20PM PURE STRENGTH Kim		5:30PM - 6:20PM KICK & MORE Deb	5:00PM - 5:50PM  LaToya		BABYSITTING HOURS MONDAY - THURSDAY 8:30AM-12:00PM / 4:30PM-8:30PM FRIDAY / SATURDAY / SUNDAY 8:30AM-12:00PM  Like us on Facebook wownewengland.com www.facebook.com/wownewengland	
6:30PM - 7:20PM STUDIO CYCLE Kim	6:00PM - 6:50PM  Kelly	6:30PM - 7:20AM YOGA Amy	6:00PM - 6:50PM CARDIO SCULPT Shane			

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.