










# NORWOOD GX



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