



# WALTHAM GX

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:00AM - 6:50AM</b> STUDIO CYCLE Jean	<b>6:00AM - 6:50AM</b> <del>INSANITY</del> Cara	<b>6:00AM - 6:50AM</b> STUDIO CYCLE Jean	<b>6:00AM - 6:50AM</b> KETTLEBELL CARDIO BLAST Stephanie	<b>6:00AM - 6:50AM</b> STUDIO CYCLE Jean	<b>8:30AM - 9:20AM</b> STUDIO CYCLE	<b>8:30AM - 9:25AM</b> 3-2-1 SHRED Jill
<b>9:00AM - 9:50AM</b> STUDIO CYCLE Meghan	<b>9:00AM - 9:50AM</b> PURE STRENGTH Dawn	<b>9:00AM - 9:50AM</b> "TIME" to SHRED Cara	<b>9:00AM - 9:50AM</b> KETTLEBELL CARDIO BLAST Cara	<b>9:00AM - 9:50AM</b> CROSS CYCLE Jan	<b>9:30AM - 10:20AM</b> CARDIO KICKBOXING Mailee	<b>9:30AM - 10:20AM</b> ZUMBA FITNESS Jill
<b>10:00AM - 10:50AM</b> ZUMBA FITNESS Calvin		<b>10:00AM - 10:50AM</b> POWER VINYASA YOGA Talene	<b>10:00AM - 10:50AM</b> VINYASA YOGA Hilary		<b>10:30AM-11:20AM</b> PURE STRENGTH Mailee	<b>10:30AM-11:20AM</b> BODY-BARRE Jackie
<b>4:30PM - 5:20PM</b> PURE STRENGTH Ruth					ZUMBA	
<b>5:30PM - 6:20PM</b> STUDIO CYCLE Beth	<b>5:30PM - 6:20PM</b> KETTLE N CORE Mailee	<b>5:30PM - 6:20PM</b> BOOTY & AB RIPPER Jill	<b>5:30PM - 6:20PM</b> STUDIO CYCLE Meghan	<b>5:30PM - 6:20PM</b> ZUMBA FITNESS Jackie	<b>BABYSITTING HOURS</b> <b>MONDAY - FRIDAY</b> <b>8:30AM-12:00PM / 4:30PM-8:30PM</b> <b>SATURDAY &amp; SUNDAY</b> <b>8:30AM-12:00PM</b>  <b>wownewengland.com</b> <b>www.facebook.com/wownewengland</b>	
<b>6:30PM - 7:20PM</b> ZUMBA FITNESS Jill	<b>6:30PM - 7:20PM</b> CARDIO KICKBOXING Mailee	<b>6:30PM - 7:20PM</b> ZUMBA FITNESS Jill	<b>6:30PM - 7:20PM</b> TABATA BODY BLAST Meghan			
	<b>7:30PM - 8:20PM</b> POWER VINYASA YOGA Jennifer		<b>7:30PM - 8:20PM</b> POWER VINYASA YOGA Jennifer			

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.