






WALTHAM GX

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