



WARWICK GX



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:00AM - 6:50AM CYCLE & WEIGHTS Lea		6:00AM - 6:50AM ALIGN & DEFINE Lea	8:30AM - 9:20AM ZUMBA Silvy	8:30AM - 9:20AM STUDIO CYCLE Jennie
9:00AM - 9:50AM PURE STRENGTH Krissy	9:00AM - 9:50AM STUDIO CYCLE Lea	9:00AM - 9:50AM CARDIO SCULPT Lorraine	9:00AM - 9:50AM ZUMBA Lorraine	9:00AM - 9:50AM FAB 4 Lorraine	9:30AM - 10:20AM PURE STRENGTH Lea	9:30AM - 10:20AM CARDIO SCULPT Jennie
10:00AM - 10:50AM CYCLE & CORE Krissy	10:00AM - 10:50AM BARRE/BALL PILATES Lorraine		10:00AM - 10:50AM VINYASA YOGA Lorraine	10:00AM - 10:50AM KICK 'N' SCULPT Melissa	10:30AM - 11:20AM STUDIO CYCLE Lea	10:30AM - 11:20AM VINYASA YOGA Lorraine
		4:30PM - 5:20PM CROSS CYCLE Jennie	4:30PM - 5:20PM KICK & TONE Jennie		ZUMBA	
5:30PM - 6:20PM CYCLE & WEIGHTS Jennie	5:30PM - 6:20PM CARDIO STRENGTH CIRCUIT Patty	5:30PM - 6:20PM BOOTY & AB RIPPER Jennie	5:30PM - 6:20PM CYCLE & WEIGHTS Kerry		BABYSITTING HOURS MONDAY - FRIDAY 8:30AM-12:00PM / 4:30PM-8:30PM SATURDAY & SUNDAY 8:30AM-12:00PM	
6:30PM - 7:20PM U-JAM Courtney	6:30PM - 7:20PM ZUMBA Yandra	6:30PM - 7:20PM PILATES Angela			Like us on Facebook wownewengland.com	

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.