






# MINDBODY SCHEDULE

*Included with Platinum and Elite Memberships, or drop in rate*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HEATED BARRE 6:00am(45min) - Kalina	ENERGIZING GOODMORNING FLOW 7:30am - Jessica A	HEATED BARRE EXPRESS 5:45am - Kathy B	ENERGIZING GOODMORNING FLOW 7:30am - Jessica A	HEATED BARRE 6:00am (45 min) Kalina	RHYTHMIC BARRE BURN 7:00am (45 min) Amy B	HEATED BARRE 8:00am - Nicole
BARRE CORE BLAST 8:30am(45min) - Lorrie	BARRE PILATES FUSION 9:00am - Nicole	STRETCH YOGA 7:15am - Jessica	CARDIO BARRE 9:00am - Danielle		RHYTHMIC BARRE BURN 8:00am (45 min) Amy B	MAT PILATES  9:00am - Nicole
STRETCH & RESET 9:30am - Nicole	MODERATE YOGA 10:00am - Nicole	BARRE 9:00am - Nicole	MODERATE YOGA 10:00am - Madeleine	HEATED BARRE 9:00am - Nicole	HEATED POWER YOGA 9:00am	
RHYTHMIC BARRE BURN 11:00am - Amy B 		STRETCH & RESET 10:00am - Nicole	YIN YOGA 11:00am - Jennifer		STRETCH YOGA 10:00am	STRETCH YOGA 10:00am - Nicole
GENTLE YOGA & STRETCH 4:30pm - Jennifer	HEATED BARRE 4:30pm - Amy K	MAT PILATES  11:00am(45min) - Lorrie	MINDFUL YOGA 4:30pm - Kathleen	STRETCH YOGA 10:00am - Nicole		
HEATED BARRE 5:30pm - Nicole	HEATED POWER YOGA 5:30pm - Kathleen	MINDFUL YOGA 4:30pm - Pauline	HEATED POWER YOGA 5:30pm - Kathleen			
MAT PILATES  6:30pm - Nicole	YIN YOGA 6:45pm - Jennifer	HEATED BARRE 5:30pm(45min) - Melissa	RHYTHMIC BARRE BURN 7:00pm - Amy B	MINDFUL YOGA 5:30pm - Melissa		
		SOUND HEALING YOGA  6:45pm - Jessica A				

Reservations can be made up to 48 hours in advance on the FREE Weymouth Club app.

We ask that members cancel 3 hours prior to the class or there will be a \$10 late cancellation no call/no show fee.

All classes are 55 minutes unless otherwise noted.

For class descriptions please contact our Group X Director,  
Jessica Montrond at [jmondtrond@weymouthclub.com](mailto:jmondtrond@weymouthclub.com) or  
(781) 682-5843

Schedules are subject to change\*