

GROUP X STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POWER BARRE BOOTCAMP 6:00am Kalina	LES MILLS BODYPUMP 5:45am Amy M	FIT FUSION 6:45am - 45min Jessica	LES MILLS BODYPUMP 5:45am Amy B	POWER BARRE BOOTCAMP 6:00am Kalina	TOTAL BODY CIRCUIT 7:00am Lorrie	STEP 7:30am Amy B
CARDIO KICK & ABS 8:30am - 45min Danielle	FIT FUSION 6:45am - 45min Lynne	TABATA 8:30am - 45min Danielle	FIT FUSION 6:45am - 45min Lynne	CHISEL'D 8:30am - 45min Danielle	TABATA 8:00am Danielle	CHISEL'D 8:45am - 45min Amy B
CHISEL'D 9:30am - 45min Amy M	LES MILLS BODYPUMP 8:15am Michele	PILATES 9:30am Michele	LES MILLS BODYPUMP 8:15am Michele	TABATA 9:30am Michele	ZUMBA 9:00am Esa	CHISEL'D 9:45am - 45min Amy B
THERAPEUTIC YOGA 10:45am Jennifer	TABATA 9:30am Danielle	ADVANCED CHAIR YOGA 10:45am Jen S	CHISEL'D 9:30am - 45min Amy M	YAH: SCULPT & BALANCE 11:00am Amy M	YOGA PILATES/ FIT FUSION 10:00am Esa/Jayne	CARDIO KICK & ABS 10:45am - 45min Danielle
FIT FUSION 12:00pm - 45min Danielle	YAH: AEROBIC SCULPT 10:45am Lisa	BEGINNER CHAIR YOGA 12:00pm Jen S	YAH: CARDIO SCULPT 10:45am Amy K		LES MILLS BODYPUMP 11:10am Kara	
LES MILLS BODYPUMP 4:00pm Kara	CHISEL'D EXPRESS 4:00pm - 30min Jessica	FIT FUSION 4:00pm - 45min Lynne	CHISEL'D EXPRESS 4:00pm - 30min Jessica			
CHISEL'D 5:00pm - 45min Lynne	FIT FUSION 4:30pm - 45min Jessica	CHISEL'D 5:00pm - 45min Amy B	LES MILLS BODYPUMP 4:30pm - 45min Jessica			
ZUMBA 6:00pm Lorena	PUMP TOTAL BODY 5:30pm - 45min Lisa C	ZUMBA 6:00pm Lorena	5:30pm Lisa G			
YOGA 7:00pm Pauline	BARRE PUMP 6:30pm Amy B	YOGA 7:00pm Jayne	YOGA 6:45pm Lisa			

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

We ask that members cancel 2 hours prior to the class or there will be a \$5 late cancellation fee and a \$15 no call/no show fee.

All classes are 55 minutes unless otherwise noted.

For class descriptions, please contact Group X Director, Jessica Montrond at jmontrond@weymouthclub.com or (781) 682-5843

Schedules are subject to change*