



# MEDFORD GX



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:00AM - 6:50AM</b> <b>STUDIO CYCLE</b> Kristen				<b>6:00AM - 6:50AM</b> <b>STUDIO CYCLE</b> Kristen	<b>8:30AM - 9:20AM</b> <b>CARDIO KICKBOXING</b> Calvin	<b>8:30AM - 9:20AM</b> <b>30 KICK 30 TONE</b> Mel
<b>9:00AM - 9:50AM</b> <b>MUSCLE CONFUSION</b> Joanne	<b>9:00AM - 9:50AM</b> <b>KETTLEBELL CARDIO/CYCLE</b> Cara / Meghan	<b>9:00AM - 9:50AM</b> <b>PILATES</b> Laura	<b>9:00AM - 9:50AM</b> <b>KICK &amp; KETTLE</b> Joanne	<b>9:00AM - 9:50AM</b> <b>"TIME" to</b> Cara	<b>8:30AM - 9:20AM</b> <b>STUDIO CYCLE</b> Meghan	<b>9:30AM - 10:20AM</b>  Becky
<b>10:00AM - 10:50AM</b> <b>POWER VINYASA YOGA</b> Talene	<b>10:00AM - 10:50AM</b>  Meghan		<b>10:00AM - 10:50AM</b>  Joanne	<b>10:00AM - 10:50AM</b> <b>POWER VINYASA YOGA</b> Talene	<b>9:30AM - 10:20AM</b> <b>"TIME" to SHRED</b> Calvin	<b>10:30AM-11:20AM</b> <b>HATHA YOGA</b> Sara
<b>5:30PM - 6:20PM</b> <b>CARDIO SCULPT</b> Bethany	<b>5:30PM - 6:20PM</b> <b>XXMIXXEDFIT!</b> Calvin	<b>5:30PM - 6:20PM</b> <b>STUDIO CYCLE</b> Bethany	<b>5:30PM - 6:20PM</b> <b>ULITIMATE BODY CUTZ</b> Bethany	<b>5:30PM - 6:20PM</b> <b>KICKBOXING</b> Mel	<b>BABYSITTING HOURS</b> <b>MONDAY - FRIDAY</b> 8:30AM-12:00PM / 4:30PM-8:30PM <b>SATURDAY &amp; SUNDAY</b> 8:30AM-12:00PM  Like us on Facebook  <b>wownewengland.com</b>	
<b>6:30PM - 7:20PM</b>  Calvin	<b>6:30PM - 7:20PM</b> <b>MUSCLE CONFUSION / CYCLE</b> Calvin / Kristen	<b>6:30PM - 7:20PM</b> <b>UPPER BODY &amp; CORE</b> Bethany	<b>6:30PM - 7:20PM</b> <b>STUDIO CYCLE</b> Bethany			
		<b>7:30PM - 8:20PM</b> <b>VINYASA YOGA</b>	<b>6:30PM - 7:20PM</b> 			

		Kimberly	Jill	<del>www.facebook.com/wownewengland</del> <a href="http://www.facebook.com/wownewengland">www.facebook.com/wownewengland</a>
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**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.**