



ASSEMBLY

SPORTS CLUB

Body by **LES MILLS**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30-6:30am CYCLING/CORE BLAST Cathy	5:30-6:25am CYCLING Sharon	5:30-6:15am CARDIO BARRE Rachel	5:30-6:30am LES MILLS BODYPUMP Sharon	5:30-6:00am CYCLING Cathy	
8:30-9:30am CYCLING Marta	6:30-7:00am LES MILLS sprint Olivia	6:30-7:25am LES MILLS BODYPUMP Sharon	6:15-6:45am LES MILLS CXWORX Rachel		6:00-6:30am BELLS, BARRES & BUTT Cathy	8:00-8:55am CYCLING Marcy
				4:15-5:00pm HIIT Olivia	6:30-7:15am TABATA Cathy	9:00-9:50am BARRE-LATES Marcy
	4:30-5:20pm HIIT Jessica		4:30-5:25pm LES MILLS BODYPUMP Julia	5:15-5:55pm CYCLING Rachel		9:55-10:45am ZUMBA Ana
	5:30-6:25pm LES MILLS BODYPUMP Julia	5:00-5:55pm LES MILLS BODYPUMP Sharon	5:30-6:25pm ZUMBA Lelys	6:00-6:30pm LES MILLS CXWORX Rachel		11:00-12:00pm LES MILLS BODYPUMP Kim
	6:30-7:25pm CYCLING Julia	6:00-6:55pm LES MILLS BODYPUMP Sharon	6:30-7:15pm CYCLING Marta	6:30-7:15pm BOOTY BARRE Rachel		
	7:40-8:30pm KICK BOX/TABATA Cathy	7:00pm YOGA Andre	7:30-8:15pm HIIT Olivia	7:30-8:30pm ZUMBA Lelys		

Club Hours: Monday - Thursday 5:00am - 10:00pm
Friday - 5:00am - 9:00pm
Saturday - Sunday 7:00am - 7:00pm

Schedule effective Monday, November 9, 2018

5 Middlesex Ave. Suite 203, Somerville, MA 02145

Phone: (617) 628-4272

Aerobics schedule is tentative & subject to change without notice