



# ASSEMBLY

## SPORTS CLUB

**Body** by **LES MILLS**

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

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

**Schedule effective Monday, April 15, 2019**

5 Middlesex Ave. Suite 203, Somerville, MA 02145

Phone: (617) 628-4272

Aerobics schedule is tentative & subject to change without notice