



CLASS SCHEDULE - BURLINGTON

	Special Series	Group Fitness	Baby Gym	Kids Zone			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM	Super Circuit Stephen		NEW MetCon Burnout Stephen		Super Circuit Stephen		
8:15AM							
9:15AM		Low Impact Fitness Rebecca		Low Impact Pilates Harlee		Upper Body Sweat Harley	
9:15AM				Baby Gym Liel		NEW Baby Gym /Kids Zone	
10:15AM	Strength Circuit Anna	Mommy Connections 10 -11:30am *Special Reg	NEW Step & Sculpt Nicole		Full Body Sweat Anna	Strength Circuit Mehrnoosh	NEW Full Body Sweat Ashleigh
10:15AM	Baby Gym Jenna		Baby Gym Harlee		NEW Baby Gym Jenna	Baby Gym /Kids Zone	NEW Baby Gym/Kids Zone
11:15AM	Full Body SWEAT Christine	Strength Circuit Brennan	*Mom & Baby Series* Nicole	HIIT & Flow Harlee	Power Pilates Harlee	Gym Class Heroes Mehrnoosh	NEW Strength Circuit Ashleigh
11:15AM	Baby Gym Jenna	Baby Gym Jenna		Baby Gym Liel	Baby Gym Jenna	Baby Gym /Kids Zone	NEW Baby Gym/Kids Zone
12:15PM		NEW Little Rebels 12:15 - 1pm *Special Reg	Strength Circuit Kyle	NEW Flowga Harlee	MetCon Burnout Kyle		
12:15PM	Baby Gym Jenna		Baby Gym Harlee		Baby Gym Jenna		
5:15PM		5:30pm Strength Circuit Jenna		Super Circuit Rebecca			
6:15PM	Bells & Core Stephen	SportBall 5-7pm *Special Reg*	Power Pilates Harlee				
7:15PM			NEW Full Body SWEAT Harlee				
8:15PM							

Mom & Baby Special 8 -Week registration

*Separate Registration:

Mommy Connections *Little Rebels Music *SportBall