



CLASS SCHEDULE - BURLINGTON - FALL

Special Series

Group Fitness

Baby Gym

Kids Zone

EFFECTIVE SEPT 8

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM	The Sweat Circuit Stephen	Strength Circuit - Powerhouse - Shannon	MetCon Burnout Stephen		The Strength Circuit Powerhouse - Stephen		
8:15AM		Strength Circuit - Powerhouse - Shannon				Power Pilates Shannon	
9:15AM				The Sweat Circuit Beata	Baby Gym Courtney	Sweat Circuit Shannon	Strength Circuit Powerhouse - Shannon
10:15AM	Strength Circuit Powerhouse - Nancy		So Barre Core Faith		Upper Body Circuit Lauren	Strength Circuit - Powerhouse - Shannon	Full Body Sweat Anna
10:15AM	Baby Gym Courtney		Baby Gym Courtney		Baby Gym Courtney	Baby Gym / Kids Zone	Baby Gym / Kids Zone
11:15AM	Heavy Hitters Nancy	Mom & Baby - Stroller Fit Series - Anna	Upper Body Strength Circuit - Nancy	Mom & Baby Core & Strength - Nicole	Strength Circuit Powerhouse - Lauren	Baby Gym Courtney	Strength Circuit Push/Pull - Faith
11:15AM	Baby Gym Courtney	Strength Circuit Powerhouse - Brennan	Baby Gym Courtney	MetCon Mehrnoosh	Mom & Baby - Pilates & Strength - Liz		Baby Gym / Kids Zone
12:15PM	Small Group Strength Nancy	Power Pilates Shannon	The Sweat Circuit Nancy	Lower Body Circuit Mehrnoosh	Power Lift Pilates Liz	Baby Gym Courtney	
12:15PM	Baby Gym Courtney		Baby Gym Courtney	Baby Gym Courtney	Small Group Strength Lauren		
1:15PM	1:30 Full Body SWEAT Nancy	Gym Class Heroes Christine	Strength Circuit - Push/Pull - Nancy	Strength Circuit - Push/Pull - Mehrnoosh			
1:15PM	1:30 Baby Gym Courtney	Baby Gym Vera	Baby Gym Courtney	Baby Gym Courtney			
5:30PM		Full Body Sweat Rebecca	Tween Class Justin				
6:30PM	Strenth Circuit Powerhouse - Stephen	Kids Zone	Coming Soon: Power Lift Pilates Victoria	Heavy Hitters Stephen	Kids Zone		
7:30PM	Strenth Circuit Powerhouse - Stephen	Kids Zone		Heavy Hitters Stephen	Kids Zone		