CLASS SCHEDULE - BURLINGTON - WINTER

GYM & juice

Special Series | Group Fitness | Baby Gym | Kids Zone | NEW REFORMER

EFFECTIVE NOV 23

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM	The Sweat Circuit Stephen	Strength Circuit - Powerhouse - Shannon	MetCon Burnout Stephen	NEW Athletic Reformer Meagan	The Strength Circuit Powerhouse - Stephen	8:15am Power PIlates Shannon	NEW 8:15am Athletic REFORMER
9:15AM	NEW 9:30am Athletic REFORMER Meagan		NEW 9:30am REFORMER HIIT Meagan		Heavy Hitters Lauren	Sweat Circuit Shannon	Strength Circuit Powerhouse - Shannon
9:15AM	Baby Gym Vera		Baby Gym Hailey		Baby Gym Courtney	Baby Gym / Kids Zone	Baby Gym / Kids Zone
10:15AM	Strength Circuit PH Asheligh	*Mommy Connections* 9-10:30am Baby Gym	So Barre Core Faith / Mom & Baby DB to BB Ashleigh	NEW Athletic REFORMER Meagan	Upper Body Circuit Lauren	Strength Circuit - Powerhouse - Shannon	Full Body Sweat Anna
10:15AM	Baby Gym Courtney	Mom & Baby Core & Strength Series Anna	Baby Gym Courtney	Baby Gym Courtney	Baby Gym Courtney	Baby Gym / Kids Zone	Baby Gym / Kids Zone
11:15AM	Heavy Hitters Ashleigh	Strength Circuit Powerhouse Brennan	NEW Upper Body Strength Circuit Ashleigh	REFORMER HIIT Meagan	Strength Circuit Powerhouse - Lauren	NEW REFORMER HIIT	Strength Circuit Push/Pull - Faith
11:15AM	Baby Gym Courtney	Baby Gym Vera	Baby Gym Courtney	Baby Gym Courtney	Baby Gym Courtney	NEW Baby Gym / Kids Zone	Baby Gym / Kids Zone
12:15PM	Small Group Strength Ashleigh / Power Pilates Shannon	NEW Althletic Reformer Meagan	The Sweat Circuit Ashleigh	NEW Lower Body Circuit Vera	NEW Athletic REFORMER Renate / NEW Sculpt Circuit Liz		
12:15PM	Baby Gym Courtney	Baby Gym Vera	Baby Gym Courtney	Baby Gym Courtney	Baby Gym Courtney		
1:15PM	NEW REFORMER Basics Renate		Strength Circuit - Push/Pull Ashleigh				
1:15PM	Baby Gym Vera						
6:30PM	NEW Strength Circuit Powerhouse Stephen	NEW Sculpt Circuit Victoria	NEW Athletic REFORMER Meagan				
6:30PM	Kids Zone		NEW Kids Zone				
7:30PM				Heavy Hitters Stephen			