



CLASS SCHEDULE - BURLINGTON -JAN 5TH

	Special Series	Group Fitness	Baby Gym	Kids Zone			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM	The Sweat Circuit Stephen	New HYROX Class Coming Soon	MetCon Burnout Stephen		The Sweat Circuit Stephen		
8:15AM							
9:15AM		Low Impact Fitness Rebecca		Low Impact Pilates Harlee		HIIT & Flow Harlee	
9:15AM		Baby Gym Liel		Baby Gym Liel		Baby Gym /Kids Zone	
10:15AM	Strength Circuit Christine	NEW Bells & Core Brennan	Low Impact Booty Bands Rebecca		MetCon Burnout Kyle	Strength Circuit Mehrnoosh	Full Body Sweat Ashleigh
10:15AM	Baby Gym Liel	Baby Gym Liel	Baby Gym Liel		Baby Gym Liel	Baby Gym /Kids Zone	Baby Gym/Kids Zone
11:15AM	Full Body SWEAT Christine	Strength Circuit Brennan	*Mom & Baby Strength Series* Harlee	HIIT & Flow Harlee	Strength Circuit Kyle	The Sweat Circuit Mehrnoosh	Strength Circuit Ashleigh
11:15AM	Baby Gym Liel	Baby Gym Liel		Baby Gym Liel	NEW *Mom & Baby Pilates Series* Harlee	Baby Gym /Kids Zone	Baby Gym/Kids Zone
12:15PM	Small Group Strength Series Christine		NEW The Sweat Circuit Harlee		Power Pilates Harlee		
12:15PM			Baby Gym Liel		Small Group Strength Series Kyle		
5:15PM							
6:15PM	Bells & Core Stephen		Power Pilates Harlee	NEW The Sweat Circuit Rebecca			
7:15PM		6:45pm The Sweat Circuit Rebecca		Small Group Strength Series Rebecca			
8:15PM							

Mom & Baby Special 8 -Week registration

*Separate Registration:

Mommy Connections *Little Rebels Music *SportBall