



CLASS SCHEDULE - BURLINGTON - SPRING

Special Series Group Fitness Baby Gym Kids Zone Effective April 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM	The Sweat Circuit Stephen	Race Ready! Rebecca	MetCon Burnout Stephen		The Sweat Circuit Stephen		
8:15AM		Race Ready! Rebecca					
9:15AM						Open Gym + Kids Zone	Open Gym + Kids Zone
9:15AM							
10:15AM	Strength Circuit Nancy		NEW So Barre Core Jordan	MetCon Burnout Kyle	Full Body Sweat Lauren	Strength Circuit Mehrnoosh	Full Body Sweat Ashleigh
10:15AM	Baby Gym Liel	Baby Gym Liel	Baby Gym Liel	Baby Gym Courtney	Baby Gym Liel	Baby Gym /Kids Zone	Baby Gym/Kids Zone
11:15AM	Full Body SWEAT Christine	Strength Circuit Brennan		Level 2 Small Group Kyle	Strength Circuit Lauren	MetCon Burnout Mehrnoosh	Strength Circuit Ashleigh
11:15AM	Baby Gym Liel	Baby Gym Liel		Baby Gym Courtney	HIIT & Flow Nancy	*Mom & Baby Pilates Series* Vanessa	Baby Gym /Kids Zone
12:15PM	*Mom & Baby Strength Series* Nicole	Level 2 Small Group Nancy		The Sweat Circuit Nancy	The Sweat Circuit Kyle	Level 2 Small Group Lauren	
12:15PM	Baby Gym Liel	1:15pm Baby Gym Courtney	Baby Gym Liel	Baby Gym Courtney	Baby Gym Liel	Power Lift Pilates Vanessa	
1:15PM		Gym Class Heroes Christine		Baby Gym Courtney	Strength Circuit Nancy		
5:30PM	Open Gym + Kids Zone	Open Gym + Kids Zone	Power Lift Pilates Victoria	Open Gym + Kids Zone			
6:30PM	Bells & Core Stephen	Strength Circuit Rebecca	Open Gym + Kids Zone	Strength Circuit Rebecca			
6:30PM	Open Gym + Kids Zone	Open Gym + Kids Zone	Open Gym + Kids Zone	Open Gym + Kids Zone			

Mom & Baby Special 8 -Week registration

Small Group Strength: Level 1 & 2 Special 12 - Week registration