

# HEALTHWORKS COOLIDGE CORNER HWX Class Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>IGNITE</b> 6:00 – 6:45 AM ELYSSA (LIVE)	<b>BUILD X</b> 6:00 – 6:45 AM MARIA (LIVESTREAM)	<b>BARRE</b> 6:00 – 6:45 AM JULIE (LIVE)	<b>BODY PUMP</b> 6:00 – 7:00 AM CORINNE (LIVE)	<b>PYRAMIDS</b> 6:00 – 6:30 AM TARA (VIRTUAL)	<b>BODY PUMP</b> 8:00 – 9:00 AM LUIS (LIVE)
<b>ACHIEVE</b> 6:15 – 7:00 AM TARA (LIVESTREAM)	<b>ACHIEVE</b> 6:15 – 7:00 AM TARA (LIVE)	<b>VIBE</b> 6:15 – 7:00 AM TRACY (LIVE)	<b>IGNITE</b> 7:15 – 7:45 AM PETRA (LIVE)	<b>VIBE</b> 6:15 – 7:15 AM LAUREN (LIVE)	<b>VIBE</b> 9:15 – 10:00 AM TRACY (LIVE)
<b>FLOW YOGA 1</b> 7:15 – 8:15 AM ANALISE (LIVE)	<b>BUILD X</b> 7:15 – 8:00 AM TARA (LIVE)	<b>OCTANE</b> 7:15 – 8:00 AM MARIA (LIVE)	<b>VIBE</b> 7:30 – 8:15 AM HEATHER (LIVE)	<b>BODY ATTACK</b> 6:45 – 7:30 AM TSANA (LIVE)	<b>BODY ATTACK</b> 9:15 – 10:00 AM LUIS (LIVE)
<b>SCULPT</b> 8:30 – 9:15 AM JALYNN (LIVE)	<b>ACHIEVE</b> 7:30 – 8:15 AM PETRA (LIVE)	<b>REMIX</b> 8:30 – 9:15 AM KATELYN (VIRTUAL)	<b>BUILD X</b> 8:30 – 9:15 AM MARIA (LIVE)	<b>ACHIEVE</b> 7:30 – 8:15 AM LORI (VIRTUAL)	<b>BODY JAM</b> 10:30 – 11:30 AM TRACY (LIVE)
<b>ACHIEVE</b> 9:00 – 9:45 AM CARRIE (LIVE)	<b>PILATES I</b> 8:30 – 9:15 AM CLAUDIA (LIVE)	<b>ACHIEVE</b> 9:00 – 9:45 AM JALYNN (LIVESTREAM)	<b>ACHIEVE</b> 9:00 – 10:00 AM PETRA (LIVE)	<b>BARRE</b> 8:45 – 9:30 AM LAURA (LIVE)	<b>ACHIEVE</b> 10:30 – 11:15 AM PETRA (LIVE)
<b>REMIX</b> 9:30 – 10:15 AM SHANNON (LIVE)	<b>ACHIEVE</b> 9:00 – 9:45 TARA (LIVE)	<b>BARRE</b> 9:30 – 10:15 AM TIFFANY (LIVE)	<b>FLOW YOGA I</b> 10:30 – 11:30 AM CATALINA (LIVE)	<b>ZUMBA</b> 9:45 – 10:30 AM ANDREA (LIVE)	<b>PILATES</b> 11:45 – 12:30 PM LAURA (LIVE)
<b>FLOW YOGA I</b> 11:45- 12:15 PM JESSICA (LIVE)	<b>SCULPT</b> 9:30 – 10:15 AM CLAUDIA (LIVE)	<b>GENTLE YOGA</b> 10:30 – 11:25 AM TIFFANY (LIVE)			<b>VIBE</b> 12:00 – 12:45 PM JENNY (VIRTUAL)
	<b>BODYPUMP</b> 10:30 - 11:15 TARA (LIVE)				
<b>AFTERNOON</b>					<b>SUNDAY</b>
<b>PILATES I</b> 2:15 – 3:00 PM KIM (VIRTUAL)	<b>OCTANE</b> 12:15 AM – 1:00 PM TARA (LIVESTREAM)	<b>BODY PUMP</b> 11:45 – 12:45 PM TARA (LIVESTREAM)	<b>PILATES</b> 12:15 – 1:15 PM LAURA (LIVE)	<b>ACHIEVE</b> 12:00 – 12:45 PM KATHRYN (LIVESTREAM)	<b>FLOW YOGA I</b> 8:00 – 9:00 AM MADELINE (LIVE)
<b>BUILD X</b> 3:45 – 4:40 PM TARA (VIRTUAL)	<b>ZUMBA</b> 2:15 – 3:00 CHRISTINE (VIRTUAL)	<b>PILATES FUSION</b> 2:15 – 3:00 PM CRISTEN (LIVESTREAM)	<b>SCULPT</b> 2:15 – 3:00 PM TARA (LIVESTREAM)		<b>ACHIEVE</b> 8:15 – 9:00 AM GEORGE (LIVE)
	<b>BODY PUMP</b> 3:45 – 4:30 LES MILLS (VIRTUAL)		<b>ACHIEVE</b> 4:00 – 4:45 PM ALISON (VIRTUAL)		<b>IGNITE</b> 9:15 – 10:00 AM JULIE (LIVE)
	<b>ACHIEVE</b> 4:00 – 4:45 ALISON (VIRTUAL)		<b>GENTLE YOGA</b> 4:15 – 5:15 PM JOLYON (LIVE)		<b>ACHIEVE</b> 9:30 – 10:15 AM CARRIE (LIVE)
<b>EVENING</b>					
<b>ACHIEVE</b> 5:30 – 6:15 PM CARRIE (LIVE)	<b>VIBE</b> 5:30 – 6:15PM PONGKHI (LIVE)	<b>FLOW YOGA I</b> 5:15 – 6:15 PM CHER (LIVE)	<b>IGNITE</b> 5:30 – 6:15 PM ELYSSA (LIVE)	<b>BARRE</b> 5:30 – 6:15 PM TIFFANY (LIVE)	<b>BARRE SPORT</b> 10:30 – 11:15 AM JULIE (LIVE)
<b>IGNITE</b> 5:30 – 6:15 PM ADRIENNE (LIVE)	<b>OCTANE</b> 5:30 – 6:15 PM ELYSSA (LIVE)	<b>VIBE</b> 5:30 – 6:15 PM SARAH (LIVE)	<b>VIBE</b> 5:30 – 6:15 PM ELLEN (LIVESTREAM)	<b>VIBE</b> 5:30 – 6:15 PM TARA (VIRTUAL)	<b>BODY PUMP</b> 11:45 – 12:45 AM ALEX (LIVE)
<b>BODY JAM</b> 6:30 – 7:30 PM SHOSHANA (LIVE)	<b>ACHIEVE</b> 6:30 – 7:15 PM LORI (VIRTUAL)	<b>BODY PUMP</b> 6:30 – 7:30 PM KELLY (LIVE)	<b>BODY COMBAT</b> 6:30 – 7:30 PM KELLY (LIVE)	<b>FLOW YOGA</b> 6:30 – 7:30 PM ANALISE (LIVE)	<b>VIBE</b> 12:00 – 12:45 PM HEATHER (VIRTUAL)
<b>VIBE</b> 6:45 – 7:30 PM ALI (LIVE)	<b>ZUMBA</b> 6:30 – 7:15 PM NATASHA (LIVE)	<b>VIBE</b> 6:30 – 7:15PM TARA (LIVESTREAM)	<b>ACHIEVE</b> 6:30 – 7:15 PM JALYNN (VIRTUAL)	<b>ACHIEVE</b> 6:30 – 7:15 PM JALYNN (VIRTUAL)	<b>ZUMBA</b> 1:00 – 2:00 PM SHANNON (LIVE)
<b>BODY PUMP</b> 7:45 – 8:45 PM SHOSHANA (LIVE)	<b>POWER YOGA</b> 7:45 – 8:30 PM LEAH (LIVE)	<b>BODY JAM</b> 7:45 – 8:30 PM TRACY (LIVE)	<b>305</b> 7:45 – 8:30 PM LINDSAY (LIVE)		