



# HEALTHWORKS CAMBRIDGE HWX Class Schedule

## MONDAY

**ACHIEVE (LIVE)**  
6:15 – 7:00 AM

**BUILD X (LIVE)**  
7:15 – 8:00 AM

**SCULPT (LIVE)**  
8:30 – 9:15 AM

**ACHIEVE (LIVE)**  
9:00 – 9:45 AM

**LOCOMOTION (LIVE)**  
9:30 – 10:25 AM

**FLOW YOGA I (LIVE)**  
10:30 – 11:30 AM

## AFTERNOON

**BODYPUMP (LIVE)**  
11:45 – 12:40 PM

## EVENING

**SCULPT (LIVE)**  
4:30 – 5:15 PM

**BODYPUMP (LIVE)**  
5:15 – 6:10 PM

**PILATES I (LIVE)**  
5:30 – 6:15 PM

**ACHIEVE (LIVE)**  
5:30 – 6:15 PM

**ACHIEVE (LIVE)**  
6:30 – 7:15 PM

**BODYJAM (LIVE)**  
6:30 – 7:25 PM

**FLOW YOGA II (LIVE)**  
7:30 – 8:30 PM

## TUESDAY

**BUILD X (LIVE)**  
6:00 – 6:45 AM

**IGNITE (LIVE)**  
7:15 – 8:00 AM

**ACHIEVE (LIVE)**  
8:15 – 9:00 AM

**GENTLE STRETCH (LIVE)**  
8:30 – 9:15 AM

**ZUMBA (LIVE)**  
9:30 – 10:15 AM

**PILATES I (LIVE)**  
10:30 – 11:25 AM

**OCTANE (LIVE)**  
12:15 – 1:00 PM

**ACHIEVE (VIRTUAL)**  
4:00 – 4:45 PM

**TABATA (LIVE)**  
5:30 – 6:00 PM

**VIBE (LIVE)**  
5:30 – 6:15 PM

**BUILD X (LIVE)**  
6:15 – 7:00 PM

**ACHIEVE (LIVE)**  
6:30 – 7:15 PM

**BODYCOMBAT (LIVE)**  
7:15 – 8:10 PM

## WEDNESDAY

**PYRAMIDS (LIVE)**  
6:30 – 7:00 AM

**BODYPUMP (LIVE)**  
7:15 – 8:10 AM

**LOCOMOTION (LIVE)**  
8:30 – 9:25 AM

**ACHIEVE (LIVE)**  
9:00 – 9:45 AM

**SCULPT (LIVE)**  
9:30 – 10:15 AM

**BARRELESS SPORT (LIVE)**  
10:30 – 11:15 AM

**BODYPUMP (LIVE)**  
11:45 – 12:40 PM

**ACHIEVE (LIVE)**  
12:00 – 12:45 PM

**FUSION (LIVE)**  
2:15 – 3:00 PM

**PRE-NATAL YOGA**  
4:00 – 4:55 PM

**BUILD X (LIVE)**  
4:30 – 5:15 PM

**SCULPT YOGA (LIVE)**  
5:15 – 6:10 PM

**ACHIEVE (LIVE)**  
5:30 – 6:15 PM

**VIBE (LIVE)**  
6:30 – 7:15 PM

**OCTANE (LIVE)**  
6:30 – 7:15 PM

**ZUMBA (LIVE)**  
7:30 – 8:15 PM

## THURSDAY

**BODYPUMP (LIVE)**  
6:00 – 6:55 AM

**VIBE (LIVE)**  
6:15 – 7:00 AM

**FLOW YOGA I**  
7:00 – 7:55 PM

**TABATA (LIVE)**  
7:15 – 7:45 AM

**BUILD (LIVE)**  
8:00 – 8:30 AM

**GENTLE STRETCH (LIVE)**  
8:45 – 9:30 AM

**ACHIEVE (LIVE)**  
9:00 – 9:45 AM

**PILATES I (LIVE)**  
10:30 – 11:25 AM

**IGNITE (LIVE)**  
12:15 – 1:00 PM

**SCULPT (LIVE)**  
2:15 – 3:00 PM

**IGNITE (LIVE)**  
5:15 – 6:00 PM

**VIBE (LIVE)**  
5:30 – 6:15 PM

**BARRE (LIVE)**  
6:00 – 6:45 PM

**ZUMBA (LIVE)**  
6:15 – 7:00 PM

**VIBE (LIVE)**  
6:30 – 7:15 PM

**BODYPUMP (LIVE)**  
7:15 – 8:10 PM

## FRIDAY

**BODYCOMBAT (LIVE)**  
6:15 – 7:00 AM

**OCTANE (LIVE)**  
7:15 – 8:00 AM

**BARRE (LIVE)**  
8:15 – 9:00 AM

**ACHIEVE (LIVE)**  
9:00 – 9:45 AM

**LOCOMOTION (LIVE)**  
9:30 – 10:25 AM

**FLOW YOGA I (LIVE)**  
10:45 – 11:40 AM

**BUILD X (LIVE)**  
11:00 – 11:45 AM

**ZUMBA (LIVE)**  
11:45 – 12:30 PM

**ACHIEVE (LIVE)**  
12:00 – 12:45 PM

**BUILD X (LIVE)**  
5:15 – 6:00 PM

**ACHIEVE (VIRTUAL)**  
5:30 – 6:15 PM

**GENTLE YOGA (LIVE)**  
6:30 – 7:25 PM

**BODYCOMBAT (LIVE)**  
7:15 – 8:10 PM

## SATURDAY

**BODYPUMP (LIVE)**  
8:00 – 8:55 AM

**IGNITE (LIVE)**  
8:00 – 8:45 AM

**ACHIEVE (LIVE)**  
9:00 – 9:45 AM

**STEP (LIVE)**  
9:15 – 10:10 AM

**ACHIEVE (LIVE)**  
10:00 – 10:45 AM

**BODYCOMBAT (LIVE)**  
10:30 – 11:25 AM

**BARRE (LIVE)**  
10:30 – 11:15 AM

**LOCOMOTION (LIVE)**  
11:45 – 12:40 PM

**VIBE (VIRTUAL)**  
12:00-12:45 PM

**ZUMBA (LIVE)**  
12:00 – 12:55 PM

**GENTLE YOGA (LIVE)**  
1:15 – 2:10 PM

## SUNDAY

**BODYJAM (LIVE)**  
8:00 – 8:55 AM

**ACHIEVE (LIVE)**  
8:15 – 9:00 AM

**FLOW YOGA II (LIVE)**  
9:15 – 10:10 AM

**ACHIEVE (LIVE)**  
9:15 – 10:00 AM

**BODYPUMP (LIVE)**  
10:30 – 11:25 AM

**ACHIEVE (VIRTUAL)**  
11:00 – 11:45 AM

**PYRAMIDS (LIVE)**  
11:45 – 12:15 PM

**SCULPT (LIVE)**  
12:30 – 1:15 PM

**FLOW YOGA II (LIVE)**  
4:00 – 4:55 PM

**ACHIEVE (LIVE)**  
4:30 – 5:15 PM