

HEALTHWORKS BACK BAY HWX Class Schedule

MONDAY

BUILD X
7:15 – 8:00 AM
TARA (LIVESTREAM)

SCULPT
8:45- 9:30 AM
CLAUDIA (LIVE)

ACHIEVE
9:15 – 10:00 AM
ALISON (VIRTUAL)

PILATES
10:00 – 10:45AM
CLAUDIA (LIVE)

TUESDAY

BODYPUMP
6:30 – 7:30 AM
JAIR B (LIVE)

POWER YOGA I
7:15 – 8:15 AM
CHRISTINA
(LIVE)

BUILD-X
8:45 – 9:30 AM
MARIA (VIRTUAL)

AFTERNOON

BODYPUMP
11:45 AM-12:45 PM
TARA (LIVE)

OCTANE
11:45 AM -12:30 PM
ROBBIE (LIVE)

FLOW YOGA I
12:15 - 1:00PM
MONICA (LIVE)

SCULPT
2:15 - 3:00 PM
TARA (VIRTUAL)

EVENING

IGNITE
5:15 – 6:00 PM
BRITTANIE (LIVE)

VIBE
5:30 – 6:15 PM
HEATHER (LIVE)

FLOW YOGA
5:45 – 6:45 PM
TIFFANY (LIVE)

BODY PUMP
6:15 – 7:15 PM
SHANNON (LIVE)

ACHIEVE
6:30-7:15 PM
ALISON (VIRTUAL)

VIBE
5:30- 6:15PM
TARA (LIVE)

BUILD X
5:30 – 6:15 PM
KATELYN (LIVE)

ACHIEVE
6:30 – 7:15 PM
ALISON
(VIRTUAL)

BARRE
6:30 – 7:15 PM
TARA (LIVE)

305 DANCE
6:30 – 7:15 PM
BECCA (LIVE)

WEDNESDAY

IGNITE
6:30 - 7:15 AM
TSANA (LIVE)

VIBE
7:30 – 8:15 PM
HEATHER (LIVE)

SCULPT
8:45 – 9:30 AM
TARA (LIVE)

ACHIEVE
9:15 - 10:00 AM
JALYNN (VIRTUAL)

GENTLE YOGA
9:45 – 10:45 AM
CAROLYN (VIRTUAL)

BODY PUMP
11:45– 12:45 PM
TARA (LIVESTREAM)

VIBE
12:15 – 1:00 PM
HEATHER (LIVE)

FUSION
2:15 – 3:00 PM
CRISTEN
(LIVESTREAM)

OCTANE
5:15-6:00 PM
BRITTANIE (LIVE)

ACHIEVE
5:30 – 6:15 PM
ELLEN (LIVE)

BODYPUMP
6:15 – 7:15 PM
MELISSA (LIVE)

FLOW YOGA II
6:30 – 7:30 PM
CARA (LIVE)

THURSDAY

VIBE
6:15 – 7:00 AM
TARA (LIVESTREAM)

TABATA
7:15 – 7:45 AM
TARA
(LIVESTREAM)

**BARRELESS
BARRE**
8:45 – 9:30 AM
CLAUDIA (VIRTUAL)

POWER YOGA
11:45-12:45 PM
SHIREEN (LIVE)

ZUMBA
12:15PM -1:00PM
KERRY (LIVE)

SCULPT
2:15 – 3:00 PM
TARA (LIVESTREAM)

BARRE
5:15-6:00 PM
CLAUDIA (LIVE)

VIBE
5:30 – 6:15 PM
ELLEN
(LIVESTREAM)

YOGA
6:00 – 7:00 PM
CLAUDIA (LIVE)

305 DANCE
6:30 – 7:00 PM
AVANA (LIVE)

FRIDAY

BUILD
6:30 – 7:00 AM
ALISON O (LIVE)

ACHIEVE
7:15 – 7:45 AM
ALISON O (LIVE)

STEP
8:45 - 9:30 AM
MARIA (VIRTUAL)

BUILD
11:45 AM – 12:15 PM
BRITTANIE (LIVE)

TABATA
12:15 – 12:45 PM
BRITTANIE
(LIVE)

BUILD X
5:15 – 6:00 PM
KAITLYN
(LIVESTREAM)

GENTLE YOGA
6:30 – 7:30 PM
CAROLYN
(LIVESTREAM)

SATURDAY

PYRAMIDS
8:30 – 9:00 AM
ELLEN (LIVE)

BUILD X
9:15-10:00 AM
ELLEN (LIVE)

VIBE
9:30 - 10:15 AM
ALLISON P (LIVE)

BARRE
10:00-11:00 AM
JULIE (LIVE)

VIBE
10:45 – 11:30 AM
TARA (VIRTUAL)

305 DANCE
11:00 – 11:45 AM
AVANA (LIVE)

SUNDAY

BODY ATTACK
9:15 –10:00 AM
TSANA/CHANDRA
(LIVE)

ACHIEVE
9:30-10:15 AM
TARA (VIRTUAL)

FLOW YOGA I
10:00 - 11:00 AM
ANALISE (LIVE)

BODYPUMP
10:15-11:15 AM
TSANA/ CHANDRA
(LIVE)

PYRAMIDS
11:45 AM -12:15 PM
TARA (LIVESTREAM)