



# HEALTHWORKS CAMBRIDGE HWX Class Schedule

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>ACHIEVE (LIVE)</b> 6:15 – 7:00 AM	<b>BUILD X (LIVE)</b> 6:00 – 6:45 AM	<b>PYRAMIDS (LIVE)</b> 6:30 – 7:00 AM	<b>BODYPUMP (LIVE)</b> 6:00 – 6:55 AM	<b>BODYCOMBAT (LIVE)</b> 6:15 – 7:00 AM	<b>BODYPUMP (LIVE)</b> 8:00 – 8:55 AM
<b>BUILD X (LIVE)</b> 7:15 – 8:00 AM	<b>IGNITE (LIVE)</b> 7:15 – 8:00 AM	<b>BODYPUMP (LIVE)</b> 7:15 – 8:10 AM	<b>VIBE (LIVE)</b> 6:15 – 7:00 AM	<b>OCTANE (LIVE)</b> 7:15 – 8:00 AM	<b>ACHIEVE (LIVE)</b> 9:00 – 9:45 AM
<b>SCULPT (LIVE)</b> 8:30 – 9:15 AM	<b>ACHIEVE (LIVE)</b> 8:15 – 9:00 AM	<b>LOCOMOTION (VIRTUAL)</b> 8:30 – 9:25 AM	<b>FLOW YOGA I</b> 7:00 – 7:55 AM	<b>BARRELESS BARRE (LIVE)</b> 8:15 – 9:00 AM	<b>STEP (LIVE)</b> 9:15 – 10:10 AM
<b>ACHIEVE (LIVE)</b> 9:00 – 9:45 AM	<b>GENTLE STRETCH (LIVE)</b> 8:30 – 9:15 AM	<b>ACHIEVE (VIRTUAL)</b> 9:00 – 9:45 AM	<b>TABATA (LIVE)</b> 7:15 – 7:45 AM	<b>ACHIEVE (VIRTUAL)</b> 9:00 – 9:45 AM	<b>ACHIEVE (LIVE)</b> 10:00 – 10:45 AM
<b>LOCOMOTION (LIVE)</b> 9:30 – 10:25 AM	<b>ZUMBA (LIVE)</b> 9:30 – 10:15 AM	<b>SCULPT (LIVE)</b> 9:30 – 10:15 AM	<b>BUILD (LIVE)</b> 8:00 – 8:30 AM	<b>LOCOMOTION (LIVE)</b> 9:30 – 10:25 AM	<b>BODYCOMBAT (LIVE)</b> 10:30 – 11:25 AM
<b>FLOW YOGA I (LIVE)</b> 10:30 – 11:30 AM	<b>PILATES I (LIVE)</b> 10:30 – 11:25 AM	<b>BARRE SPORT (LIVE)</b> 10:30 – 11:15 AM	<b>GENTLE STRETCH (LIVE)</b> 8:45 – 9:30 AM	<b>FLOW YOGA I (LIVE)</b> 10:45 – 11:40 AM	<b>BARRE (LIVE)</b> 10:30 – 11:15 AM
			<b>ACHIEVE (LIVE)</b> 9:00 – 9:45 AM	<b>BUILD X (LIVE)</b> 11:00 – 11:45 AM	<b>LOCOMOTION (LIVE)</b> 11:30 – 12:25 PM
			<b>PILATES I (LIVE)</b> 10:30 – 11:25 AM		<b>VIBE (VIRTUAL)</b> 12:00-12:45 PM
					<b>ZUMBA (LIVE)</b> 12:00 – 12:45 PM
					<b>GENTLE YOGA (LIVE)</b> 1:15 – 2:10 PM
<b>AFTERNOON</b>					
<b>BODYPUMP (LIVE)</b> 11:45 – 12:40 PM	<b>OCTANE (LIVE)</b> 12:15– 1:00 PM	<b>BODYPUMP (LIVE)</b> 11:45 – 12:40 PM	<b>IGNITE (VIRTUAL)</b> 12:15 – 1:00 PM	<b>ZUMBA (LIVE)</b> 12:00 – 12:45 PM	
<b>ACHIEVE (VIRTUAL)</b> 12:00 – 12:45 PM		<b>ACHIEVE (LIVE)</b> 12:00 – 12:45 PM	<b>SCULPT (LIVE)</b> 2:15 – 3:00 PM	<b>ACHIEVE (VIRTUAL)</b> 12:00 – 12:45 PM	
		<b>FUSION (LIVE)</b> 2:15 – 3:00 PM			
<b>EVENING</b>					<b>SUNDAY</b>
<b>SCULPT (LIVE)</b> 4:30 – 5:15 PM	<b>ACHIEVE (VIRTUAL)</b> 4:00 – 4:45 PM	<b>GENTLE YOGA (LIVE)</b> 4:00– 4:55 PM	<b>IGNITE (LIVE)</b> 5:15 – 6:00 PM	<b>ZUMBA (LIVE)</b> 12:00 – 12:45 PM	<b>BODYJAM (LIVE)</b> 8:00 – 8:55 AM
<b>BODYPUMP (LIVE)</b> 5:15 – 6:10 PM	<b>TABATA (LIVE)</b> 5:30 – 6:00 PM	<b>BUILD X (LIVE)</b> 4:30 – 5:15 PM	<b>VIBE (LIVE)</b> 5:30 – 6:15 PM	<b>ACHIEVE (VIRTUAL)</b> 12:00 – 12:45 PM	<b>ACHIEVE (LIVE)</b> 8:30 – 9:15 AM
<b>PILATES I (LIVE)</b> 5:30 – 6:15 PM	<b>VIBE (LIVE)</b> 5:30 – 6:15 PM	<b>SCULPT YOGA (LIVE)</b> 5:30 – 6:15 PM	<b>ZUMBA (LIVE)</b> 6:15 – 7:00 PM		<b>FLOW YOGA II (LIVE)</b> 9:15 – 10:10 AM
<b>ACHIEVE (LIVE)</b> 5:30 – 6:15 PM	<b>BARRE (LIVE)</b> 6:00 – 6:45 PM	<b>ACHIEVE (LIVE)</b> 5:30 – 6:15 PM	<b>VIBE (LIVE)</b> 6:30 – 7:15 PM		<b>ACHIEVE (LIVE)</b> 9:30 –10:15 AM
<b>ACHIEVE (LIVE)</b> 6:30 – 7:15 PM	<b>BUILD X (LIVE)</b> 6:15 – 7:00 PM	<b>BARRE (LIVE)</b> 6:00 – 6:45 PM	<b>BODYPUMP (LIVE)</b> 7:15 – 8:10 PM		<b>BODYPUMP (LIVE)</b> 10:30 – 11:25 AM
<b>BODYJAM (LIVE)</b> 6:30 – 7:25 PM	<b>ACHIEVE (LIVE)</b> 6:30 – 7:15 PM	<b>VIBE (LIVE)</b> 6:30 – 7:15 PM			<b>ACHIEVE (VIRTUAL)</b> 11:00 – 11:45 AM
<b>FLOW YOGA II (LIVE)</b> 7:30 – 8:30 PM	<b>BODYCOMBAT (LIVE)</b> 7:15 – 8:10 PM	<b>OCTANE (LIVE)</b> 6:30 – 7:15 PM			<b>PYRAMIDS (LIVE)</b> 11:45 – 12:15 PM
		<b>ZUMBA (LIVE)</b> 7:30 – 8:15 PM			<b>SCULPT (LIVE)</b> 12:30 – 1:15 PM
					<b>FLOW YOGA II (LIVE)</b> 4:00 – 4:55 PM
					<b>ACHIEVE (LIVE)</b> 4:30 – 5:15 PM