

HEALTHWORKS COOLIDGE CORNER HWX Fall Class Schedule



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|---|---|
| IGNITE 6:00 – 6:45 AM | BUILD X LIVESTREAM 6:00 – 6:45 AM | BARRE 6:00 – 6:45 AM | BODYPUMP 6:00 - 7:00 AM | PYRAMIDS VIRTUAL 6:00 – 6:30 AM | BODYPUMP 8:00 - 9:00 AM |
| FLOW YOGA 1 7:15 - 8:00 AM | BUILD X 7:15 – 8:00 AM | POWER45 7:15 – 8:00 AM | VIBE 7:30 – 8:15 AM | BODYATTACK 7:15 – 8:00 AM | BODYATTACK 9:15 - 10:00 AM |
| SCULPT 8:30 - 9:15 AM | VIBE 7:30 – 8:15 AM | ZUMBA VIRTUAL 8:30 – 9:15 AM | IGNITE 7:15 – 8:00 AM | ACHIEVE 7:30 – 8:15 AM | BODYJAM 10:30 – 11:30 AM |
| ACHIEVE 9:00 - 9:45 AM | PILATES I 8:30 – 9:15 AM | ACHIEVE VIRTUAL 9:00 – 9:45 AM | BUILD X 8:30 – 9:15 AM | BARRE LIVE 8:45 – 9:30 AM | ACHIEVE 10:30 – 11:15 AM |
| STEP 9:30 – 10:25 AM | ACHIEVE 9:00 – 9:45 | BARRE 9:30 - 10:15 AM | FLOW YOGA I 10:30 – 11:30 AM | ZUMBA LIVE 9:45 – 10:30 AM | PILATES 11:45 – 12:30 PM |
| FLOW YOGA I 11:45- 12:45 PM | SCULPT 9:30 – 10:15 AM | GENTLE YOGA 10:30 – 11:30 AM | | BUILD 11:45 – 12:15 PM | VIBE VIRTUAL 12:00 – 12:45 PM |
| | BODYPUMP 10:30 - 11:30 | | | TABATA 12:15 – 12:45 PM | |
| AFTERNOON | | | | | SUNDAY |
| PILATES I VIRTUAL 2:15 – 3:00 PM | IGNITE VIRTUAL 12:15 AM – 1:00 PM | BODYPUMP 11:45 – 12:45 PM | PILATES 12:15 – 1:15 PM | ACHIEVE LIVESTREAM 12:00 – 12:45 PM | FLOW YOGA I 8:00 – 9:00 AM |
| BARRE 4:15 - 5:00 PM | ZUMBA VIRTUAL 2:15 – 3:00 | PILATES FUSION LIVESTREAM 2:15 – 3:00 PM | SCULPT LIVESTREAM 2:15 – 3:00 PM | | ACHIEVE 8:15 –9:00 AM |
| | ACHIEVE VIRTUAL 4:00 – 4:45 | BUILD 4:15 - 4:45 PM | ACHIEVE VIRTUAL 4:00 – 4:45 PM | | IGNITE 9:15 – 10:00 AM |
| | BODY PUMP VIRTUAL 4:15 – 5:00 | TABATA 4:45 - 5:15 PM | GENTLE YOGA 4:15 – 5:15 PM | | ACHIEVE 9:30 – 10:15 AM |
| EVENING | | | | | |
| IGNITE 5:30 – 6:15 PM | POWER45 5:30 – 6:15 PM | VIBE 5:30 - 6:15 PM | ACHIEVE VIRTUAL 5:30 – 6:15 PM | VIBE VIRTUAL 5:30 – 6:15 PM | BODYPUMP 11:45 – 12:45 AM |
| ACHIEVE 5:30 – 6:15 PM | ACHIEVE VIRTUAL 6:30 – 7:15 PM | BODY PUMP 6:30 – 7:30 PM | BODYCOMBAT 6:30 – 7:30 PM | FLOW YOGA LIVE 6:30 – 7:30 PM | VIBE VIRTUAL 12:00 - 12:45 PM |
| BODYJAM LIVESTREAM 6:30 – 7:30 PM | ZUMBA 6:30 – 7:15 PM | VIBE LIVESTREAM 6:30 - 7:15PM | VIBE VIRTUAL 6:30 - 7:15 PM | ACHIEVE VIRTUAL 6:30 – 7:15 PM | ZUMBA 1:00 - 2:00 PM |
| VIBE 6:45 – 7:30 PM | POWER YOGA 7:45 – 8:45 PM | BODYJAM 7:45 – 8:30 PM | 305 FITNESS 7:45 – 8:30 PM | | BARRE 4:30 - 5:15 PM |
| BODYPUMP 7:45 – 8:45 PM | | | | | |