

HEALTHWORKS CAMBRIDGE HWX Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ACHIEVE (LIVE) 6:15 – 7:00 AM	BUILD X (LIVE) 6:00 – 6:45 AM	PYRAMIDS (LIVE) 6:30 – 7:00 AM	BODYPUMP (LIVE) 6:00 – 6:55 AM	BODYCOMBAT (LIVE) 6:15 – 7:00 AM	BODYPUMP (LIVE) 8:00 – 8:55 AM
BUILD X (LIVE) 7:15 – 8:00 AM	IGNITE (LIVE) 7:15 – 8:00 AM	BODYPUMP (LIVE) 7:15 – 8:10 AM	VIBE (LIVE) 6:15 – 7:00 AM	POWER45 (LIVE) 7:15 – 8:00 AM	ACHIEVE (LIVE) 9:00 – 9:45 AM
SCULPT (LIVE) 8:30 – 9:15 AM	ACHIEVE (LIVE) 8:15 – 9:00 AM	LOCOMOTION 8:30 – 9:25 AM	FLOW YOGA I 7:00 – 7:55 AM	VIBE (VIRTUAL) 7:45 – 8:30 AM	STEP (LIVE) 9:15 – 10:10 AM
ACHIEVE (LIVE) 9:00 – 9:45 AM	GENTLE STRETCH (LIVE) 8:30 – 9:15 AM	ACHIEVE (VIRTUAL) 9:15 – 10:00 AM	TABATA (LIVE) 7:15 – 7:45 AM	BARRELESS BARRE (LIVE) 8:15 – 9:00 AM	FLOW YOGA I (LIVE) 9:30 – 10:30 AM
LOCOMOTION (LIVE) 9:30 – 10:25 AM	ZUMBA (LIVE) 9:30 – 10:15 AM	SCULPT (LIVE) 9:30 – 10:15 AM	BUILD (LIVE) 7:45 – 8:15 AM	ACHIEVE (VIRTUAL) 9:00 – 9:45 AM	ACHIEVE (LIVE) 10:00 – 10:45 AM
FLOW YOGA I (LIVE) 10:30 – 11:30 AM	PILATES I (LIVE) 10:30 – 11:25 AM	BARRE SPORT (LIVE) 10:30 – 11:15 AM	GENTLE STRETCH (LIVE) 8:45 – 9:30 AM	LOCOMOTION (LIVE) 9:30 – 10:25 AM	BODYCOMBAT (LIVE) 10:30 – 11:25 AM
			ACHIEVE (LIVE) 9:00 – 9:45 AM	FLOW YOGA I (LIVE) 10:45 – 11:40 AM	BARRE (LIVE) 10:30 – 11:15 AM
			PILATES I (LIVE) 10:30 – 11:25 AM	BUILD X (LIVE) 11:00 – 11:45 AM	LOCOMOTION (LIVE) 11:30 – 12:25 PM
					VIBE (VIRTUAL) 12:00 – 12:45 PM
					ZUMBA (LIVE) 12:00 – 12:45 PM
					GENTLE YOGA (LIVE) 1:15 – 2:10 PM
AFTERNOON					SUNDAY
BODYPUMP (LIVE) 11:45 – 12:40 PM	POWER45 (LIVE) 12:15 – 1:00 PM	BODYPUMP (LIVE) 11:45 – 12:40 PM	BUILD X (LIVE) 12:15 – 1:00 PM	ZUMBA (LIVE) 11:45 – 12:30 PM	305 FITNESS (LIVE) 8:00 – 8:55 AM
ACHIEVE (VIRTUAL) 12:00 – 12:45 PM		ACHIEVE (LIVE) 12:00 – 12:45 PM	SCULPT (LIVE) 2:15 – 3:00 PM	ACHIEVE (LIVE) 12:00 – 12:45 PM	TABATA (LIVE) 8:30 – 9:00 AM
		FUSION (LIVE) 2:15 – 3:00 PM			BUILD X (LIVE) 9:00 – 9:30 AM
					FLOW YOGA II (LIVE) 9:15 – 10:10 AM
EVENING					
ACHIEVE (VIRTUAL) 4:00 – 4:45 PM	ACHIEVE (VIRTUAL) 4:00 – 4:45 PM	GENTLE YOGA (LIVE) 4:00 – 4:55 PM	ACHIEVE (VIRTUAL) 4:00-4:45 PM	BUILD X (LIVE) 5:15 – 6:30 PM	ACHIEVE (LIVE) 9:30 – 10:15 AM
SCULPT (LIVE) 4:30 – 5:15 PM	TABATA (LIVE) 5:30 – 6:00 PM	BUILD X (LIVE) 4:30 – 5:15 PM	IGNITE (LIVE) 5:15 – 6:00 PM	305 FITNESS (LIVE) 6:15 – 7:00 PM	BODYPUMP (LIVE) 10:30 – 11:25 AM
BODYPUMP (LIVE) 5:15 – 6:10 PM	VIBE (LIVE) 5:30 – 6:15 PM	SCULPT YOGA (LIVE) 5:30 – 6:15 PM	VIBE (LIVE) 5:30 – 6:15 PM	GENTLE YOGA (VIRTUAL) 6:30 – 7:30 PM	ACHIEVE (VIRTUAL) 11:00 – 11:45 AM
PILATES I (LIVE) 5:30 – 6:15 PM	BARRE (LIVE) 6:00 – 6:45 PM	ACHIEVE (LIVE) 5:30 – 6:15 PM	ZUMBA (LIVE) 6:15 – 7:00 PM		BARRELESS BARRE (LIVE) 11:45 – 12:15 PM
ACHIEVE (LIVE) 5:30 – 6:15 PM	BUILD X (LIVE) 6:15 – 7:00 PM	BARRE (LIVE) 6:00 – 6:45 PM	BODYPUMP (LIVE) 7:15 – 8:10 PM		POWER45 (LIVE) 12:30 – 1:15 PM
ACHIEVE (LIVE) 6:30 – 7:15 PM	ACHIEVE (LIVE) 6:30 – 7:15 PM	VIBE (LIVE) 6:30 – 7:15 PM			FLOW YOGA II (LIVE) 4:00 – 4:55 PM
BODYJAM (LIVE) 6:30 – 7:25 PM	IGNITE (LIVE) 7:15 – 8:10 PM	POWER 45 (LIVE) 6:30 – 7:15 PM			ACHIEVE (LIVE) 4:30 – 5:15 PM
FLOW YOGA II (LIVE) 7:30 – 8:30 PM		ZUMBA (LIVE) 7:30 – 8:15 PM			