



HEALTHWORKS BACK BAY HWX Fall Class Schedule

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