

HEALTHWORKS BACK BAY HWX Class Schedule

MONDAY

ACHIEVE
6:15 – 7:00 AM
JOY

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

SCULPT
8:45- 9:30 AM
CLAUDIA

ACHIEVE
9:00 – 9:45 AM
JACKIE(LIVESTREAM)

PILATES
10:00 – 10:45 AM
CLAUDIA

TUESDAY

BODYPUMP
6:30 – 7:30 AM
JAIR B

POWER YOGA I
7:15 – 8:15 AM
CHRISTINA

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

AFTERNOON

BODYPUMP
11:45 AM-12:45 PM
TARA

POWER45
11:45 AM -12:30 PM
ROBBIE

FLOW YOGA I
12:15 - 1:00PM
CHER

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

EVENING

IGNITE
5:15 – 6:00 PM
BRITTANIE

VIBE
5:30 – 6:15 PM
HEATHER

FLOW YOGA II
5:45 – 6:45 PM
TIFFANY

BODY PUMP
6:15 – 7:15 PM
SHANNON

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

VIBE
5:30- 6:15PM
TARA

BUILD X
5:30 – 6:15 PM
KATELYN

ACHIEVE
6:30 – 7:15 PM
LORI (VIRTUAL)

BARRE SPORT
6:30 – 7:15 PM
TARA

305 FITNESS
6:30 – 7:15 PM
BECCA

WEDNESDAY

PYRAMIDS
6:30 - 7:00 AM
TSANA

BUILD
7:00 – 7:30 AM
TSANA

VIBE
7:30 – 8:15 PM
HEATHER

SCULPT
8:45 – 9:30 AM
TARA

ACHIEVE
9:00 - 9:45 AM
JALYNN (VIRTUAL)

GENTLE YOGA
9:30 – 10:30 AM
CAROLYN (VIRTUAL)

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

VIBE
12:15 – 1:00 PM
HEATHER

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

POWER45
5:15-6:00 PM
DAN

ACHIEVE
5:30 – 6:15 PM
ELLEN

BODYPUMP
6:15 – 7:15 PM
MELISSA

FLOW YOGA II
6:30 – 7:30 PM
CARA

THURSDAY

VIBE
6:15 – 7:00 AM
TARA (VIRTUAL)

PILATES
7:15 – 8:15 AM
ROBBIE

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

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

GENTLE YOGA
11:45-12:45 PM
CELESTE

ZUMBA
12:15PM -1:00PM
KERRY

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

BARRE
5:15-6:00 PM
CLAUDIA

ACHIEVE
5:30 – 6:15 PM
BEEBE

FLOW YOGA I
6:00 – 7:00 PM
CLAUDIA

305 FITNESS
6:30 – 7:15 PM
AVANA

FRIDAY

BUILD
6:30 – 7:00 AM
ALISON O

ACHIEVE
7:15 – 7:45 AM
ALISON O

FLOW YOGA II
8:45 – 9:45 AM
AUBREY

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

BUILD
11:45 AM – 12:15 PM
BRITTANIE

TABATA
12:15 – 12:45 PM
BRITTANIE

BODYPUMP
5:30 – 6:30 PM
TRACY

305 FITNESS
6:30 – 7:15 PM
AVANA

SATURDAY

PYRAMIDS
8:30 – 9:00 AM
ELLEN

BUILD X
9:00-9:45 AM
ELLEN

YOGA
9:15 – 10:15 AM
MADELEINE

VIBE
9:30 - 10:15 AM
ALLISON P

STEP
10:00-10:30 AM
JULIE

BARRE
10:30-11:30 AM
JULIE

VIBE
10:45 – 11:30 AM
TARA (VIRTUAL)

305 FITNESS
11:00 – 11:45 AM
AVANA

SUNDAY

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

ACHIEVE
9:30-10:15 AM
JOY

FLOW YOGA I
10:00 - 11:00 AM
ANALISE

BODYPUMP
10:15-11:15 AM
TSANA/ CHANDRA

BARRE
11:15 AM – 12:15 PM
ALLYSON