

# HEALTHWORKS BACK BAY HWX Class Schedule



## MONDAY

**ACHIEVE**  
6:30 – 7:15 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 – 10:45AM  
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)

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

**PILATES**  
10:00 – 10:45AM  
CLAUDIA

## 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)

## 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)

## 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)

## 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 DANCE**  
11:00 – 11:45 AM  
AVANA

## 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)

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

**VIBE**  
12:15 – 1:00 PM  
HEATHER

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

**GENTLE YOGA**  
11:45-12:45 PM  
CELESTE

**ZUMBA**  
12:15PM -1:00PM  
KERRY

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

**BUILD**  
11:45 AM – 12:15 PM  
BRITTANIE

**TABATA**  
12:15 – 12:45 PM  
BRITTANIE

## 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

## 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**  
6:30 – 7:15 PM  
TARA

**305 DANCE**  
6:30 – 7:15 PM  
BECCA

**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

**BARRE**  
5:15-6:00 PM  
CLAUDIA

**ACHIEVE**  
5:30 – 6:15 PM  
BEEBE

**FLOW YOGA I**  
6:00 – 7:00 PM  
CLAUDIA

**305 DANCE**  
6:30 – 7:15 PM  
AVANA

