

# HEALTHWORKS CAMBRIDGE HWX Fall Class Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>ACHIEVE</b> 6:15 – 7:00 AM	<b>BUILD X</b> 6:00 – 6:45 AM	<b>PYRAMIDS</b> 6:30 – 7:00 AM	<b>BODYPUMP</b> 6:00 – 6:55 AM	<b>BODYCOMBAT</b> 6:15 – 7:00 AM	<b>BODYPUMP</b> 8:00 – 8:55 AM
<b>BUILD X</b> 7:15 – 8:00 AM	<b>IGNITE</b> 7:15 – 8:00 AM	<b>BODYPUMP</b> 7:15 – 8:10 AM	<b>VIBE</b> 6:15 – 7:00 AM	<b>POWER45</b> 7:15 – 8:00 AM	<b>ACHIEVE (VIRTUAL)</b> 9:00 – 9:45 AM
<b>HWX X THERAGUN</b> 8:00 – 8:15 AM	<b>ACHIEVE</b> 8:15 – 9:00 AM	<b>LOCOMOTION</b> 8:30 – 9:25 AM	<b>FLOW YOGA I</b> 7:00 – 7:55 AM	<b>BARRELESS BARRE</b> 8:15 – 9:00 AM	<b>STEP</b> 9:15 – 10:10 AM
<b>SCULPT</b> 8:30 – 9:15 AM	<b>GENTLE STRETCH</b> 8:30 – 9:15 AM	<b>ACHIEVE (VIRTUAL)</b> 9:00 – 9:45 AM	<b>TABATA</b> 7:15 – 7:45 AM	<b>ACHIEVE</b> 9:00 – 9:45 AM	<b>FLOW YOGA</b> 9:30 – 10:25 AM
<b>ACHIEVE</b> 9:00 – 9:45 AM	<b>ZUMBA</b> 9:30 – 10:15 AM	<b>SCULPT</b> 9:30 – 10:15 AM	<b>BUILD</b> 7:45 – 8:15 AM	<b>LOCOMOTION</b> 9:30 – 10:25 AM	<b>ACHIEVE</b> 10:00 – 10:45 AM
<b>LOCOMOTION</b> 9:30 – 10:25 AM	<b>PILATES I</b> 10:30 – 11:25 AM	<b>BARRE SPORT</b> 10:30 – 11:15 AM	<b>ACHIEVE</b> 8:30 – 9:15 AM	<b>FLOW YOGA I</b> 10:45 – 11:40 AM	<b>BODYCOMBAT</b> 10:30 – 11:25 AM
<b>FLOW YOGA I</b> 10:30 – 11:25 AM		<b>HWX X THERAGUN</b> 11:15 – 11:30 AM	<b>GENTLE STRETCH</b> 8:45 – 9:30 AM	<b>BUILD X</b> 11:00 – 11:45 AM	<b>BARRE</b> 10:30 – 11:15 AM
			<b>PILATES I</b> 10:30 – 11:25 AM		<b>LOCOMOTION</b> 11:30 – 12:25 PM
					<b>VIBE (VIRTUAL)</b> 12:00 – 12:45 PM
					<b>ZUMBA</b> 12:00 – 12:45 PM
					<b>GENTLE YOGA</b> 1:15 – 2:10 PM

M. AFTERNOON	TUES	WED	THURS	FRI	SUNDAY
<b>BODYPUMP</b> 11:45 – 12:40 PM	<b>POWER45</b> 12:15 – 1:00 PM	<b>BODYPUMP</b> 11:45 – 12:40 PM	<b>BUILD X</b> 12:15 – 1:00 PM	<b>ZUMBA</b> 12:00 – 12:45 PM	<b>305 FITNESS</b> 8:15 – 9:00 AM
<b>ACHIEVE (VIRTUAL)</b> 12:00 – 12:45 PM		<b>ACHIEVE</b> 12:00 – 12:45 PM	<b>SCULPT</b> 2:15 – 3:00 PM		<b>TABATA</b> 8:30 – 9:00 AM
		<b>BARELESS BARRE</b> 2:15 – 3:00 PM			<b>BUILD X</b> 9:00 – 9:30 AM
<b>EVENING</b>					<b>FLOW YOGA II</b> 9:15 – 10:10 AM
<b>SCULPT</b> 4:30 – 5:15 PM	<b>ACHIEVE (VIRTUAL)</b> 4:00 – 4:45 PM	<b>GENTLE YOGA</b> 4:00 – 4:55 PM	<b>ACHIEVE (VIRTUAL)</b> 4:00-4:45 PM	<b>BUILD X</b> 5:15 – 6:30 PM	<b>ACHIEVE</b> 9:30 – 10:15 AM
<b>BODYPUMP</b> 5:15 – 6:10 PM	<b>TABATA</b> 5:30 – 6:00 PM	<b>BUILD X</b> 4:30 – 5:15 PM	<b>IGNITE</b> 5:15 – 6:00 PM	<b>ACHIEVE (VIRTUAL)</b> 5:30 - 6:15 PM	<b>BODYPUMP</b> 10:30 – 11:25 AM
<b>PILATES I</b> 5:30 – 6:15 PM	<b>VIBE</b> 5:30 – 6:15 PM	<b>SCULPT YOGA</b> 5:30 – 6:15 PM	<b>VIBE</b> 5:30 – 6:15 PM	<b>305 FITNESS</b> 6:00 – 6:45 PM	<b>ACHIEVE (VIRTUAL)</b> 11:00 – 11:45 AM
<b>ACHIEVE</b> 5:30 – 6:15 PM	<b>BARRE</b> 6:00 – 6:45 PM	<b>ACHIEVE</b> 5:30 – 6:15 PM	<b>HWX X THERAGUN</b> 6:00 – 6:15 PM	<b>GENTLE YOGA</b> 6:45 – 7:40 PM	<b>BARRE SPORT</b> 11:45 – 12:15 PM
<b>ACHIEVE</b> 6:30 – 7:15 PM	<b>BUILD X</b> 6:15 – 7:00 PM	<b>BARRE</b> 6:00 – 6:45 PM	<b>ZUMBA</b> 6:15 – 7:00 PM		<b>POWER45</b> 12:30 – 1:15 PM
<b>BODYJAM</b> 6:30 – 7:25 PM	<b>ACHIEVE</b> 6:30 – 7:15 PM	<b>VIBE</b> 6:30 – 7:15 PM	<b>VIBE (VIRTUAL)</b> 6:30 – 7:15 PM		<b>FLOW YOGA II</b> 4:00 – 4:55 PM
<b>FLOW YOGA II</b> 7:30 – 8:25 PM	<b>HWX X THERAGUN</b> 7:00 – 7:15 AM	<b>POWER 45</b> 6:30 – 7:15 PM	<b>BODYPUMP</b> 7:15 – 8:10 PM		<b>ACHIEVE</b> 4:30 – 5:15 PM
	<b>IGNITE</b> 7:15 – 8:00 PM	<b>ZUMBA</b> 7:30 – 8:15 PM			