



HEALTHWORKS BACK BAY HWX Class Schedule

MONDAY

ACHIEVE
6:15 – 7:00AM

BUILD X
7:15 – 8:00 AM
(LIVESTREAM)

SCULPT
8:45- 9:30 AM

ACHIEVE
9:00 – 9:45 AM
(LIVESTREAM)

PILATES
10:00 – 10:45AM

TUESDAY

BODYPUMP
6:30 – 7:30 AM

POWER YOGA I
7:15 – 8:15 AM

BUILD-X
8:45 – 9:30 AM
(VIRTUAL)

POWER45
11:45 AM -12:30 PM

FLOW YOGA I
12:15 - 1:00PM

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

VIBE
5:30- 6:15PM

BUILD X
5:30 – 6:15 PM

ACHIEVE
6:30 – 7:15 PM
(VIRTUAL)

BARRE SPORT
6:30 – 7:15 PM

305 FITNESS
6:30 – 7:15 PM

WEDNESDAY

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
9:00 - 9:45 AM
(VIRTUAL)

GENTLE YOGA
9:30 – 10:30 AM
(VIRTUAL)

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

VIBE
12:15 – 1:00 PM

FUSION
2:15 – 3:00 PM
(LIVESTREAM)

POWER45
5:15-6:00 PM

ACHIEVE
5:30 – 6:15 PM

HWX x THERAGUN
6:00-6:15PM

BODYPUMP
6:15 – 7:15 PM

FLOW YOGA II
6:30 – 7:30 PM

THURSDAY

VIBE
6:15 – 7:00 AM
(VIRTUAL)

PILATES
7:15 – 8:15 AM

TABATA
7:15 – 7:45 AM
(LIVESTREAM)

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

GENTLE YOGA
11:45-12:45 PM

ZUMBA
12:15PM -1:00PM

SCULPT
2:15 – 3:00 PM
(LIVESTREAM)

BARRE
5:15-6:00 PM

ACHIEVE
5:30 – 6:15 PM

FLOW YOGA I
6:00 – 7:00 PM

305 FITNESS
6:30 – 7:15 PM

FRIDAY

BUILD
6:30 – 7:00 AM

ACHIEVE
7:15 – 7:45 AM

HWX x THERAGUN
7:50-8:05PM

FLOW YOGA II
8:45 – 9:45 AM

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

BUILD
11:45 AM – 12:15 PM

TABATA
12:15 – 12:45 PM

BODYPUMP
5:30 – 6:30 PM

AFTERNOON

BODYPUMP
11:45 AM-12:45 PM

EVENING

IGNITE
5:15 – 6:00 PM

VIBE
5:30 – 6:15 PM

FLOW YOGA II
5:45 – 6:45 PM

HWX x THERAGUN
6:00-6:15PM

BODY PUMP
6:15 – 7:15 PM

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

SATURDAY

PYRAMIDS
8:30 – 9:00 AM

BUILD X
9:00-9:45 AM

YOGA
9:15 – 10:15 AM

VIBE
9:30 - 10:15 AM

STEP
10:00-10:30 AM

BARRE
10:30-11:30 AM

VIBE
10:45 – 11:30 AM
(VIRTUAL)

305 FITNESS
11:00 – 11:45 AM

SUNDAY

BODY ATTACK
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

BARRE
11:15 AM – 12:15 PM