

HEALTHWORKS CAMBRIDGE HWX Winter Class Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ACHIEVE 6:15 – 7:00 AM	BUILD X 6:00 – 6:45 AM	PYRAMIDS 6:30 – 7:00 AM	BODYPUMP 6:00 – 6:55 AM	BODYCOMBAT 6:15 – 7:00 AM	BODYPUMP 8:00 – 8:55 AM
BUILD X 7:15 – 8:00 AM	IGNITE 7:15 – 8:00 AM	BODYPUMP 7:15 – 8:10 AM	VIBE 6:15 – 7:00 AM	POWER45 7:15 – 8:00 AM	ACHIEVE 9:00 – 9:45 AM
HWX X THERAGUN 8:00 – 8:25 AM	ACHIEVE 8:15 – 9:00 AM	LOCOMOTION 8:30 – 9:25 AM	FLOW YOGA I 7:00 – 7:55 AM	BARRELESS BARRE 8:15 – 9:00 AM	STEP 9:15 – 10:10 AM
SCULPT 8:30 – 9:15 AM	GENTLE STRETCH 8:30 – 9:15 AM	ACHIEVE (DS) 9:00 – 9:45 AM	TABATA 7:15 – 7:45 AM	ACHIEVE 9:00 – 9:45 AM	FLOW YOGA 9:15 – 10:15 AM
ACHIEVE 9:00 – 9:45 AM	ZUMBA 9:30 – 10:15 AM	SCULPT 9:30 – 10:15 AM	BUILD 7:45 – 8:15 AM	LOCOMOTION 9:30 – 10:25 AM	ACHIEVE 10:00 – 10:45 AM
LOCOMOTION 9:30 – 10:25 AM	PILATES I 10:30 – 11:25 AM	BARRE SPORT 10:30 – 11:15 AM	ACHIEVE 8:30 – 9:15 AM	FLOW YOGA I 10:45 – 11:40 AM	BODYCOMBAT 10:30 – 11:25 AM
FLOW YOGA I 10:30 – 11:25 AM		ZUMBA 10:30 – 11:15 AM	GENTLE STRETCH 8:45 – 9:30 AM	BUILD X 11:00 – 11:45 AM	BARRE 10:30 – 11:15 AM
			PILATES I 10:30 – 11:25 AM		LOCOMOTION 11:30 – 12:25 PM
					VIBE (DS) 12:00 – 12:45 PM
					ZUMBA 12:00 – 12:45 PM
					GENTLE YOGA 1:15 – 2:10 PM
AFTERNOON					SUNDAY
BODYPUMP 11:45 – 12:40 PM	POWER45 12:15 – 1:00 PM	BODYPUMP 11:45 – 12:40 PM	BUILD X 12:15 – 1:00 PM	ZUMBA 12:00– 12:45 PM	305 FITNESS 8:15 – 9:00 AM
ACHIEVE (DS) 12:00 – 12:45 PM		ACHIEVE 12:00 – 12:45 PM	SCULPT 2:15 – 3:00 PM		HWX X THERAGUN 8:30 – 8:55 AM
		BARELESS BARRE 2:15 – 3:00 PM			BUILD 9:00 – 9:30 AM
EVENING					FLOW YOGA II 9:15 – 10:10 AM
ACHIEVE (DS) 4:00-4:45 PM	ACHIEVE (DS) 4:00 – 4:45 PM	GENTLE YOGA 4:00 – 4:55 PM	ACHIEVE (DS) 4:00-4:45 PM	305 Fitness 5:15 – 6:00 PM	ACHIEVE 9:30 – 10:15 AM
SCULPT 4:30 – 5:15 PM	TABATA 5:30 – 6:00 PM	BUILD X 4:30 – 5:15 PM	IGNITE 5:15 – 6:00 PM	ACHIEVE (DS) 5:30 - 6:15 PM	BODYPUMP 10:30 – 11:25 AM
BODYPUMP 5:15 – 6:10 PM	VIBE 5:30 – 6:15 PM	SCULPT YOGA 5:30 – 6:15 PM	VIBE 5:30 – 6:15 PM	PILATES I 5:30 – 6:15 PM	ACHIEVE (DS) 11:00 – 11:45 AM
PILATES I 5:30 – 6:15 PM	BARRE 6:00 – 6:45 PM	ACHIEVE 5:30 – 6:15 PM	HWX X THERAGUN 6:00 – 6:25 PM	BUILD X 6:15 – 7:00 PM	BARRE SPORT 11:45 – 12:30 PM
ACHIEVE 5:30 – 6:15 PM	BUILD X 6:15 – 7:00 PM	BARRE 6:00 – 6:45 PM	ZUMBA 6:15 – 7:00 PM	GENTLE YOGA 6:45 – 7:40 PM	POWER45 12:30 – 1:15 PM
BARRE 6:15 – 7:00 PM	ACHIEVE 6:30 – 7:15 PM	VIBE 6:30 – 7:15 PM	VIBE 6:30 – 7:15 PM		FLOW YOGA II 4:00 – 4:55 PM
ACHIEVE 6:30 – 7:15 PM	HWX X THERAGUN 7:00 – 7:25 PM	POWER 45 6:30 – 7:15 PM	BODYPUMP 7:15 – 8:10 PM		ACHIEVE 4:30 – 5:15 PM
BODYJAM 6:30 – 7:25 PM	IGNITE 7:15 – 8:00 PM	ZUMBA 7:30 – 8:15 PM	PILATES I 7:30-8:30 PM		
FLOW YOGA II 7:30 – 8:25 PM					