

HEALTHWORKS COOLIDGE CORNER HWX Winter Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
IGNITE 6:00 – 6:45 AM	BUILD X LS 6:00 – 6:45 AM	BARRE 6:00 – 6:45 AM	BODYPUMP 6:00 - 7:00 AM	PYRAMIDS DS 6:00 – 6:30 AM	BODYPUMP 8:00 - 9:00 AM
ACHIEVE LS 6:15 - 7:00 AM	ACHIEVE 6:15 – 7:00 AM	VIBE 6:15 – 7:00 AM	IGNITE 7:15 – 8:00 AM	VIBE DS 6:15 – 7:00 AM	VIBE 9:15 - 10:00 AM
FLOW YOGA 1 7:15 - 8:00 AM	BUILD X 7:15 – 8:00 AM	POWER45 7:15 – 8:00 AM	VIBE 7:30 – 8:15 AM	BODYATTACK 7:15 – 8:00 AM	BODYATTACK 9:15 - 10:00 AM
SCULPT 8:30 - 9:15 AM	VIBE 7:30 – 8:15 AM	ZUMBA DS 8:30 – 9:15 AM	BUILD X 8:30 – 9:15 AM	ACHIEVE 7:30 – 8:15 AM	BODYJAM 10:30 – 11:30 AM
ACHIEVE 9:00 - 9:45 AM	PILATES I 8:30 – 9:15 AM	ACHIEVE DS 9:00 – 9:45 AM	SCULPT YOGA 10:30 – 11:30 AM	HWX x THERAGUN 8:15 – 8:45 AM	ACHIEVE 10:30 – 11:15 AM
BARRE SPORT 9:30 – 10:15 AM	ACHIEVE 9:00 – 9:45	BARRE 9:30 - 10:15 AM		BARRE 8:45 – 9:30 AM	PILATES 11:45 – 12:30 PM
PILATES 10:30 – 11:15 AM	SCULPT 9:30 – 10:15 AM	GENTLE YOGA 10:30 – 11:30 AM		ZUMBA 9:45 – 10:30 AM	VIBE DS 12:00 – 12:45 PM
FLOW YOGA I 11:45- 12:45 PM	BODYPUMP 10:30 - 11:30 AM				
AFTERNOON					SUNDAY
PILATES I DS 2:15 – 3:15 PM	IGNITE DS 12:15 PM – 1:00 PM	BODYPUMP 11:45 – 12:45 PM	PILATES 12:15 – 1:15 PM	BUILD 11:45 – 12:15 PM	FLOW YOGA I 8:00 – 9:00 AM
BARRE 4:15 - 5:00 PM	ZUMBA DS 2:15 – 3:00	BARRELESS BARRE DS 2:15 – 3:00 PM	SCULPT LS 2:15 – 3:00 PM	TABATA 12:15 – 12:45 PM	ACHIEVE 8:15 – 9:00 AM
	ACHIEVE DS 4:00 – 4:45	BUILD 4:15 - 4:45 PM	ACHIEVE DS 4:00 – 4:45 PM		IGNITE 9:15 – 10:00 AM
	BODY PUMP DS 4:00 – 4:55 PM	TABATA 4:45 - 5:15 PM	GENTLE YOGA 4:15 – 5:15 PM		ACHIEVE 9:30 – 10:15 AM
EVENING					
ACHIEVE 5:30 – 6:15 PM	VIBE 5:30 – 6:15 PM	FLOW YOGA 5:15- 6:15 PM	IGNITE 5:30 – 6:15 PM	BARRE 5:30 – 6:15 PM	BARRE SPORT 10:30 – 11:15 AM
IGNITE 5:30 – 6:15 PM	POWER45 5:30 – 6:15 PM	VIBE 5:30 – 6:15 PM	VIBE LS 5:30 – 6:15 PM	VIBE DS 5:30 – 6:15 PM	BODYPUMP 11:45 – 12:45 AM
HWX x THERAGUN 6:15 – 6:45 PM	ACHIEVE DS 6:30 – 7:15 PM	BODY PUMP 6:30 – 7:30 PM	BODYCOMBAT 6:30 - 7:30 PM	FLOW YOGA 6:30 – 7:30 PM	VIBE DS 12:00 - 12:45 PM
BODYPUMP 6:30 – 7:30 PM	ZUMBA 6:30 – 7:15 PM	VIBE DS 6:30 - 7:15PM	VIBE 6:30 - 7:15 PM	ACHIEVE DS 6:30 – 7:15 PM	ZUMBA 1:00 - 2:00 PM
VIBE 6:45 – 7:30 PM	POWER YOGA 7:45 – 8:45 PM	BODYJAM 7:45 – 8:30 PM	305 FITNESS 7:45 – 8:30 PM		BARRE 4:30 - 5:15 PM
BODYJAM 7:45 – 8:45 PM					