

GROUP FITNESS

April 2017

MONDAY AM 4/10	TUESDAY AM 4/11	WEDNESDAY AM 4/12	THURSDAY AM 4/13	FRIDAY AM 4/14	SATURDAY AM 4/15	SUNDAY AM 4/16
5:45 *rhythm ride Linda 4	5:45 vinyasa yoga Shelanda 1	5:45 body breakthru Beth 3	5:45 vinyasa yoga Jen 1	5:45 *hilit cycle Dawn 4	7:10 body breakthru Marisha 3	Happy Easter! Club Hours 8am-11am
6:00 tabata Dawn 3	6:00 team kick Lisa 3	5:45 *studio cycle Dawn 4	5:45 *rhythm ride Linda 4	6:00 team kick Cindy 3	7:10 *studio cycle Linda 4	
8:15 vinyasa yoga Elyse 1	8:15 prime movers Sandy 1	6:30 core (15) Beth 3	8:15 prime movers Michelle 1	8:15 prime c.b.s Sandy 1	8:15 cardio muscle mix Jenn 1	8:30 cardio muscle 3 mix Sandy 9:30 body beatz Cindy 3
8:15 body breakthru Cheryl 3	8:30 zumba @ Dee 3	8:00 gentle yoga Elyse 3	8:15 body breakthru AnnMarie 3	8:15 body fusion Dawn 3	8:15 low heat vinyasa yoga Elyse 3	
9:20 kick box Jennifer 3	9:30 tb training Michelle 3	9:00 tb step Linda 3	9:20 mat pilates Pla 3	9:20 zumba @ Dee 3	8:15 *studio cycle Linda 4	
9:30 mat pilates Dani 1	9:30 *studio cycle Linda 4	9:30 *rhythm ride Diane 4	9:30 *rev cycle Erin 4	9:30 vinyasa yoga Erin 1	9:30 zumba @ Dee 3	
10:30 head to toe Jennifer 3	10:30 body fusion Dani 3	9:30 asana yoga Sagarika 1	10:30 tabata Lauren D. 3	10:30 head to toe Jennifer 3	9:45 vinyasa yoga Elyse 1	
10:30 body beatz Lauren H. 1		10:30 head to toe Cheryl 3		11:00 body beatz Cindy 1	10:45 head to toe Linda 3	
					11:00 gentle yoga Elyse 1	

MONDAY PM	TUESDAY PM	WEDNESDAY PM	THURSDAY PM	FRIDAY PM	SATURDAY PM
4:15 teen body beatz Lauren H. 1	1:00 vinyasa yoga Whitney 1	4:30 gentle yoga Claudia 1	1:00 vinyasa yoga Whitney 1	5:00 yoga & meditation Elyse 3	12:30 gentle yoga Whitney 1 (Ends 4/29/2017)
5:00 step (30) Sandy 3	4:30 body breakthru Marisha 3	5:30 tb training Cindy 3	4:15 teen cardio beatz Lauren D. 1	5:15 mixed fit @ Lauren D. 1	2:00 piyo @ Samantha 1
5:35 strength (30) Sandy 3	5:15 head to toe Sandy 3	6:00 *spln & strength Lauren D. 4	4:30 body fusion Marisha 3		
5:30 gentle yoga Claudia 1	6:00 *rev cycle Lauren H. 4	6:30 zumba @ Dee 3	5:30 head to toe Sandy 3		
6:00 *rev cycle Linda 4	6:15 team kick Lisa 3	7:30 mat pilates Pia 1	6:30 body beatz Lauren H. 3		
6:15 body fusion Pia 3	6:30 body fusion Janine 1		7:00 vinyasa yoga Izzy 1		
7:00 zumba @ Laura 3	7:30 yogalates Elyse 3				

CLUB HOURS
 monday - thursday
 friday
 saturday & sunday

5am - 9pm
 5am - 8pm
 7am - 5pm

STUDIOS
 studio 1
 studio 3
 studio 4

mind and body
 pure energy
 cycling

DESCRIPTIONS ON BACK



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