

GROUP FITNESS

May 2017

MONDAY AM 5/15	TUESDAY AM 5/16	WEDNESDAY AM 5/17	THURSDAY AM 5/18	FRIDAY AM 5/19	SATURDAY AM 5/20	SUNDAY AM 5/21
5:45 *rhythm ride Linda 4	5:45 vinyasa yoga Shelanda 1	5:45 body breakthru Marisha 3	5:45 vinyasa yoga Jen 1	5:45 *hilit cycle Dawn 4	7:10 body breakthru Lisa 3	7:15 zumba ® Kim 3
6:00 tabata Dawn 3	6:00 team kick Lisa 3	5:45 *studio cycle Dawn 4	5:45 *rhythm ride Diane 4	6:00 team kick Lisa 3	7:10 *studio cycle Lauren H. 4	8:15 head to toe Sandy 3
8:15 vinyasa yoga Elyse 1	8:15 prime movers Sandy 1	6:30 core (15) Marisha 3	8:15 prime movers Michelle 1	8:15 prime c.b.s Sandy 1	8:15 cardio muscle mix Jenn 1	8:30 *rev cycle Diane 4
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 Alison 3	8:15 low heat vinyasa yoga Elyse 3	9:30 mat pilates Janine 1
9:20 team kick Cindy 3	9:30 tb training Michelle 3	9:00 tb step Linda 3	9:20 mat pilates Alison 3	9:20 zumba ® Dee 3	8:15 *studio cycle Diane 4	9:30 step Sandy 3
9:30 mat pilates Dani 1	9:30 *studio cycle Linda 4	9:30 *rhythm ride Diane 4	9:30 *rev cycle Linda 4	9:30 vinyasa yoga Whitney 1	9:30 zumba ® Dee 3	10:45 gentle yoga (75) Janine 3
10:30 head to toe Jennifer 3	10:30 body fusion Dani 3	9:30 asana yoga Sagarika 1	10:30 tabata Lisa 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 TBA 3	
					11:00 gentle yoga Elyse 1	
MONDAY PM	TUESDAY PM	WEDNESDAY PM	THURSDAY PM	FRIDAY PM	SATURDAY PM	SUNDAY PM
5:00 step (30) Sandy 3	1:00 vinyasa yoga Whitney 1	4:30 gentle yoga Claudia 1	1:00 vinyasa yoga Whitney 1	5:00 yoga & meditation Elyse 3	2:00 plyo ® Samantha 1	3:30 vinyasa yoga Ellen 1
5:35 strength (30) Sandy 3	4:30 body breakthru Marisha 3	5:30 tb training Beth 3	4:30 body fusion Marisha 3			
5:30 gentle yoga Claudia 1	5:15 head to toe Sandy 3	6:00 *spln & stretch Lauren 4	5:30 head to toe Sandy 3	5:15 mixed fit ® Lauren D. 1		
6:00 *rev cycle Linda 4	6:00 *rev cycle Lauren H. 4	6:30 zumba ® Dee 3	6:30 body beatz Lauren H. 3			
6:15 body fusion Cindy 3	6:15 team kick Lisa 3	7:30 mat pilates Janine 1	7:00 vinyasa yoga Izzy 1			
7:00 zumba ® Laura 3	6:30 body fusion Janine 1					
	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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