

GROUP FITNESS

March 2018

MONDAY AM 3/12	TUESDAY AM 3/13	WEDNESDAY AM 3/14	THURSDAY AM 3/15	FRIDAY AM 3/16	SATURDAY AM 3/17	SUNDAY AM 3/18
5:45 *rhythm ride Linda 4	5:45 vinyasa yoga Shelanda/Maura 1	5:45 body breakthru Beth 3	5:45 vinyasa yoga Ellen/Jen 1	5:45 *hilit cycle Dawn 4	7:10 body breakthru Lisa 3	7:15 zumba ® Kim 3
5:45 strength (45) Dawn 3	6:00 team kick Cindy 3	5:45 *studio cycle Kara 4	5:45 *studio ride Diane 4	6:00 *barre Lisa 1	7:10 *retro ride Linda 4	8:15 head to toe Sandy 3
8:15 vinyasa yoga Martha 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 3	8:15 cardio muscle mix Jenn 1	8:30 *rev cycle Diane 4
8:15 body breakthru Cheryl 3	8:30 zumba ® Dee 3	7:45 gentle yoga Amy 3	8:15 body breakthru AnnMarie 3	8:15 *barre Janine 1	8:15 low heat vinyasa yoga Elyse 3	9:00 mat pilates Pia 1
9:20 team kick Cindy 3	9:30 *barre Lisa 1	9:00 cardio muscle mix Linda 3	9:30 *barre-lates Amy 1	9:20 zumba ® Dee 3	8:15 *club cycle Linda 4	9:30 step Sandy 3
9:30 mat pilates Dani 1	9:30 3-2-1 Shred Michelle 3	9:00 power vinyasa yoga Sagarika 1	9:30 *rev cycle Linda 4	9:30 vinyasa yoga Izzy 1	9:30 zumba ® Shanta 3	10:45 gentle yoga (75) Amy/Christy 3
10:30 head to toe Jennifer 3	9:30 *studio cycle Linda 4	9:30 *rhythm ride Lauren H. 1	10:30 tabata Lisa 3	10:30 head to toe Jennifer 3	9:45 vinyasa yoga Elyse 1	11:00 *barre beatz Pia 1
10:30 body beatz Lauren H. 1	10:30 *barre beatz Cindy 1	10:30 head to toe Cheryl 3		11:00 *barre 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	SUNDAY PM
5:00 step (30) Sandy 3	1:00 vinyasa yoga Martha 1	4:30 gentle yoga Claudia 1	1:00 *barre Lisa 1	5:00 yoga & meditation Elyse 3	2:00 *barre Izzy 1	3:30 vinyasa yoga Ellen 1
5:35 strength (30) Sandy 3	4:30 *barre beatz Lauren H. 1	5:30 box-n- beatz Cindy 3	4:30 Circuit HIIT Marisha 3			
5:30 gentle yoga Claudia 1	5:15 head to toe Sandy 3	6:30 *rev cycle Marisha 4	5:30 head to toe Sandy 3	5:15 *barre beatz Cindy 1		
6:00 *rev ride Linda 4	6:30 3-2-1 shred Lisa 1	6:30 zumba ® Dee 3	6:15 vinyasa yoga Izzy 1			
6:15 tabata strength Beth 3	6:30 *barre Izzy 1	7:30 *barre-lates Pia 1	6:30 body beatz Lauren H. 3			
6:45 *barre Pia 1	7:30 yogalates Elyse 3					
7:00 zumba ® Laura 3						

Club Hours
 monday - thursday
 5 am - 9 pm
 friday
 5 am - 8 pm
 saturday + sunday
 7 am - 5 pm

STUDIOS
 studio 1
 studio 3
 studio 4
 mind and body
 pure energy
 cycling



HEALTH CLUB FOR WOMEN

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