## PRINCETON CLUB

Effective: June 8, 2025 Summer 2025

					Sullilli	er 2025
		Fitchburg C	Froup Exercis	se Schedule		
Tor	eserve vour spot-reg			ior. **Must be 12+ to	attend all group clas	3998**
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Juliuay	Worlday	†	5:30-6:15am	•	Tilday	Jaturuay
		5:30-6:30am	Strength LESMILLS	5:30-6:30am <i>LesMills</i>		
		BODYPUMP	Development	BODYPUMP		
			8:00-8:45am			7:00-7:45am
			LESMILLS			Strength LESMILLS
			BODYCOMBAT			Development
8:15-9:15am	8:00-8:55am		8:45-9:10am	8:45-9:30am	8:00-8:55am	8:00-9:00am
0.15-9.15am <b>LesMills</b>	Boot Camp	8:00-8:45am	0.45-9.10am	Strength LESMILLS	Boot Camp	LESMILLS
BODYPUMP	Challenge	Fit for Life	CORE	Development	Challenge	<b>BODYCOMBAT</b>
	enalienge			·		
9:30-10:30am	9:05-10:05am	9:00-9:45am	9:15-10:15am	9:45-10:45am	9:05-10:05am	9:00-9:30am
ZVMBA°	Lesmills PARVILLE	LESMILLS Shapes	LESMILLS DODVDIJAD	LESMILLS	LesMills BARYDIIII	CORE
ZVIVIDA	BODYPUMP	Shapes	BODYPUMP	BODYCOMBAT	BODYPUMP	CORE
		10:00-10:55am			10:15-10:45am	9:45-10:45am
	10:10-10:55am	LesMills	10:30-11:15am		LesMills	LesMills
	Circuit Training	BODYCOMBAT	Circuit Training		CORE	BODYPUMP
10:45-11:45am	11:00-11:45am	11:00-11:45am		11:00-11:45am	11:00-11:45am	10:50-11:50am
LesMills Dodycted	Turn Up/	ZVMBA°		WERQ	WERQ	WERQ
BODYSTEP	WERQ	<b>EALAIDL</b>		MIN	MPI	MITTAL
12:00-12:45pm	12:00-1:00pm	12:00-12:45pm	12:00-1:00pm	12:00-12:45pm	12:00-1:00pm	
when o	LesMills	Strength LESMILLS	LesMills	LesMills	LesMills	
WEKK	BODYPUMP	Development	BODYPUMP	Shapes	BODYPUMP	
		3:00-3:45pm				
		Forever Active				
		1 010 01 7 10 11 0				
	5:00-5:55pm	5:15-6:15pm	5:00-6:00pm	5:15-6:15pm	5:00-5:45pm	
	LesMills .	LesMills	LesMills	LesMills	LesMills	
	<b>BODYCOMBAT</b>	BODYSTEP	BODYPUMP	BODYPUMP	Shapes	
	6:00-7:00pm	6:20-6:50pm	6:00-7:00pm	6:30-7:15pm	6:00-7:00pm	
	LesMills	LesMills -	LesMills	Strength Lesmils	ZVMBA	
	BODYPUMP	CORE	BODYCOMBAT	Development	CVINDH	
		7:00-7:45pm	7:05-7:50pm			
		Lesmills Shapes	WERQ			
	1	1	1	1		1