

Fitchburg Group Exercise Schedule

To reserve your spot, registration is required beginning 49 hours prior. **Must be 12+ to attend all group classes**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:30-6:30am LES MILLS BODYPUMP	5:30-6:15am LES MILLS Strength Development	5:30-6:30am LES MILLS BODYPUMP		
			8:00-8:45am LES MILLS BODYCOMBAT			7:00-7:45am Strength Development LES MILLS
8:15-9:15am LES MILLS BODYPUMP	8:00-8:55am Boot Camp Challenge	8:00-8:45am Fit for Life	8:45-9:10am LES MILLS CORE	8:45-9:30am LES MILLS Strength Development	8:00-8:55am Boot Camp Challenge	8:00-9:00am LES MILLS BODYCOMBAT
9:30-10:30am ZUMBA	9:05-10:05am LES MILLS BODYPUMP	9:00-9:45am LES MILLS Shapes	9:15-10:15am LES MILLS BODYPUMP	9:45-10:45am LES MILLS BODYCOMBAT	9:05-10:05am LES MILLS BODYPUMP	9:00-9:30am LES MILLS CORE
	10:10-10:55am Circuit Training	10:00-10:45am LES MILLS BODYCOMBAT	10:30-11:15am Circuit Training		10:15-10:45am LES MILLS CORE	9:45-10:45am LES MILLS BODYPUMP
10:45-11:45am LES MILLS BODYSTEP	11:00-11:45am Turn Up/ WERQ	11:00-11:45am Hip Hop		11:00-11:45am WERQ	11:00-11:45am WERQ	10:50-11:50am WERQ
12:00-12:45pm WERQ	12:00-1:00pm LES MILLS BODYPUMP	12:00-12:45pm Strength Development LES MILLS	12:00-1:00pm LES MILLS BODYPUMP	12:00-12:45pm LES MILLS Shapes	12:00-1:00pm LES MILLS BODYPUMP	
		3:00-3:45pm Forever Active				
				4:30-5:00pm LES MILLS BODYSTEP		
	5:00-5:55pm LES MILLS BODYCOMBAT	5:15-6:15pm LES MILLS BODYSTEP	5:00-6:00pm LES MILLS BODYPUMP	5:15-6:15pm LES MILLS BODYPUMP	5:00-5:45pm LES MILLS Shapes	
	6:00-7:00pm LES MILLS BODYPUMP	6:20-6:50pm LES MILLS CORE	6:00-7:00pm LES MILLS BODYCOMBAT	6:30-7:15pm LES MILLS Strength Development	6:00-7:00pm ZUMBA	
		7:00-7:45pm LES MILLS Shapes	7:05-7:50pm WERQ			