

PRINCETON CLUB

Effective: October 5, 2025
Fall 2025

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 LESMILLS BODYPUMP	5:30-6:15am Strength Development	5:30-6:30am LESMILLS BODYPUMP		
			8:00-8:45am LESMILLS BODYCOMBAT			7:00-7:45am Strength Development
8:15-9:15am LESMILLS BODYPUMP	8:00-8:55am Boot Camp Challenge	8:00-8:45am Fit for Life	8:45-9:10am LESMILLS CORE	8:45-9:30am Strength Development	8:00-8:55am Boot Camp Challenge	8:00-9:00am LESMILLS BODYCOMBAT
9:30-10:30am ZUMBA	9:05-10:05am LesMills BODYPUMP	9:00-9:45am <i>LesMills</i> Shapes	9:15-10:15am LesMills BODYPUMP	9:45-10:45am LesMills BODYCOMBAT	9:05-10:05am LesMills BODYPUMP	9:00-9:30am LESMILLS CORE
	10:10-10:55am Circuit Training	10:00-10:45am LesMills BODYCOMBAT	10:30-11:15am Circuit Training		10:15-10:45am LESMILLS CORE	9:45-10:45am LESMILLS BODYPUMP
10:45-11:45am LESMILLS 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 LesMills BODYPUMP	12:00-12:45pm Strength Development	12:00-1:00pm LesMills BODYPUMP	12:00-12:45pm <i>LesMills</i> Shapes	12:00-1:00pm LesMills BODYPUMP	
		3:00-3:45pm Forever Active				
				4:30-5:00pm LesMills BODYSTEP		
	5:00-5:55pm LesMills BODYCOMBAT	5:15-6:15pm LesMills BODYSTEP	5:00-6:00pm <i>LesMills</i> BODYPUMP	5:15-6:15pm <i>LesMills</i> BODYPUMP	5:00-5:45pm <i>LesMills</i> Shapes	
	6:00-7:00pm LesMills BODYPUMP	6:20-6:50pm LESMILLS CORE	6:00-7:00pm <i>LesMills</i> BODYCOMBAT	6:30-7:15pm Strength Development	6:00-7:00pm ZUMBA	
			7:05-7:50pm WERQ			