

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 LES MILLS Strength Development |
| 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 | 10:50-11:35am WERQ |
| 12:00-12:45pm WERQ | 12:00-1:00pm LES MILLS BODYPUMP | 12:00-12:45pm LES MILLS Strength Development | 12:00-1:00pm LES MILLS BODYPUMP | 12:00-12:45pm LES MILLS Shapes | 12:00-1:00pm LES MILLS BODYPUMP | |
| | | 1:15-2:00pm LES MILLS THRIVE | | 1:15-2:00pm LES MILLS THRIVE | | |
| 4:00-4:45pm LES MILLS THRIVE | 4:00-4:45pm LES MILLS THRIVE | 4:00-5:00pm LES MILLS BODYPUMP | | 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 BODYJAM | 7:05-7:50pm WERQ | | | |