

# PRINCETON CLUB

Effective: June 14, 2026  
**SUMMER 2026**

## 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 <b>LES MILLS</b> <b>BODYPUMP</b>	5:30-6:15am <b>LES MILLS</b> Strength Development	5:30-6:30am <b>LES MILLS</b> <b>BODYPUMP</b>		
			8:00-8:45am <b>LES MILLS</b> <b>BODYCOMBAT</b>			7:00-7:45am <b>LES MILLS</b> Strength Development
8:15-9:15am <b>LES MILLS</b> <b>BODYPUMP</b>	8:00-8:55am Boot Camp Challenge	8:00-8:45am Fit for Life	8:45-9:10am <b>LES MILLS</b> <b>CORE</b>	8:45-9:30am <b>LES MILLS</b> Strength Development	8:00-8:55am Boot Camp Challenge	8:00-9:00am <b>LES MILLS</b> <b>BODYCOMBAT</b>
9:30-10:30am <b>ZUMBA</b>	9:05-10:05am <b>LES MILLS</b> <b>BODYPUMP</b>	9:00-9:45am <b>LES MILLS</b> Shapes	9:15-10:15am <b>LES MILLS</b> <b>BODYPUMP</b>	9:45-10:45am <b>LES MILLS</b> <b>BODYCOMBAT</b>	9:05-10:05am <b>LES MILLS</b> <b>BODYPUMP</b>	9:00-9:30am <b>LES MILLS</b> <b>CORE</b>
	10:10-10:55am <b>LES MILLS</b> <b>THRIVE</b>	10:00-10:45am <b>LES MILLS</b> <b>BODYCOMBAT</b>	10:30-11:15am Circuit Training		10:15-10:45am <b>LES MILLS</b> <b>CORE</b>	9:45-10:45am <b>LES MILLS</b> <b>BODYPUMP</b>
10:45-11:45am <b>LES MILLS</b> <b>BODYSTEP</b>	11:00-11:45am Turn Up/ <b>WERQ</b>	11:00-11:45am <b>WERQ</b>			11:00-11:45am <b>WERQ</b>	11:00-11:45am <b>WERQ</b>
12:00-12:45pm <b>WERQ</b>	12:00-1:00pm <b>LES MILLS</b> <b>BODYPUMP</b>	12:00-12:45pm <b>LES MILLS</b> Strength Development	12:00-1:00pm <b>LES MILLS</b> <b>BODYPUMP</b>	12:00-12:45pm <b>LES MILLS</b> Shapes	12:00-1:00pm <b>LES MILLS</b> <b>BODYPUMP</b>	
		1:15-2:00pm <b>LES MILLS</b> <b>THRIVE</b>		1:15-2:00pm <b>LES MILLS</b> <b>THRIVE</b>		
		4:00-5:00pm <b>LES MILLS</b> <b>BODYPUMP</b>		4:30-5:00pm <b>LES MILLS</b> <b>BODYSTEP</b>		
	5:00-5:55pm <b>LES MILLS</b> <b>BODYCOMBAT</b>	5:15-6:15pm <b>LES MILLS</b> <b>BODYSTEP</b>	5:00-6:00pm <b>LES MILLS</b> <b>BODYPUMP</b>	5:15-6:15pm <b>LES MILLS</b> <b>BODYPUMP</b>	5:00-5:45pm <b>LES MILLS</b> Shapes	
	6:00-7:00pm <b>LES MILLS</b> <b>BODYPUMP</b>	6:20-6:50pm <b>LES MILLS</b> <b>CORE</b>	6:00-7:00pm <b>LES MILLS</b> <b>BODYCOMBAT</b>	6:30-7:15pm <b>LES MILLS</b> Strength Development	6:00-7:00pm <b>ZUMBA</b>	
			7:05-7:50pm <b>WERQ</b>			