

Today's Fitness - Joanne Collins Group X-Director
27 Normac Road, Woburn, MA 01801

www.todays-fitness.net

RESERVATIONS FOR SPIN CLASSES ONLY CAN BE MADE 60 HOURS IN ADVANCE VIA WWW.SUPERSAAS.COM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:15am Body Camp/Tabata Gerard/Alison C.	5:45-6:30am Muscle Mix Kerri P.	5:15-6:00am Kick Box w/ Core Alison C.	5:45-6:30am Muscle Madness Jane M.	5:15-6:05am Insanity® Richard D.		
		6:05-7:05am Yoga Fusion Debbie D.		7:30-8:15am PILOXING® Vivienne C.	7:30-8:30am Kick-Tabata/ Cardio KB Kerri P/Michele D	
7:50-8:45am CORE SCULPT& BARRE Emily	8:30-9:10am Mixed BAG Joanne R. (cardio/muscle intervals)	8:15-9:00am Lean & Tone Michele D.	8:30- 9:10am TBC Total Body Conditioning Marina	8:30-9:00am BUTTS/GUTTS Alison C.	8:30-9:30am Strength Overload Kerri//Joanne	8:15-9:10am Kickboxing/Insanity Mash Up Rich/& Joanne
9:00- 10:00am Fit Cross Kim D.	9:15- 10:00am Met Con w/ core Rick B.	9:05-10:00am HIIT Kerri P.	9:15 – 10:05am Mixed BAG Joanne R.	9:05-10:05am Blocks Kickbox/Muscle Joanne R.		9:15-10:00am Tabata/Met Con Alison C./ Rick B. 45 mins.
				10:15- 11:00am Low Impact w/resistance Nancy S.		10:05-10:50am Pilates Joanne/Kerri
	4:30- 5:25pm PiYO Kristin B.					
Starting 10/2 5:30- 6:25pm Cardio/Muscle Fusion Linda D.	5:30-6:25pm Lean & Tone Michele D.	5:00-6:00pm KB & Muscle Michele D.	5:30-6:25pm Barbell Pump Vincent R.			
6:30-7:30pm Turbo Kick Joie S.	6:30- 7:30pm ZUMBA® Mariana Diaz	6:30-7:30pm Hatha Yoga Jane M.	Starting 10/12 6:30- 7:15pm ZUMBA® Julie S			All classes are subject to cancelation if participation is less than 8 people.

~CYCLE SCHEDULE~

5:15-6:15am Cycle Beats Kristin B.	5:15-5:45am Cycle Express Kerri P.	5:15-6:05am Cycle Beats Vincent R.	5:15-5:45am Cycle Express Jane M.	5:30- 6:30am Cycle Beats Kim D.	7:30-8:30am Cycle Beats Kristin B.	8:15-9:15am Cycle Beats Nicole B.
8:45- 9:30am Cycle Beats Kerri P.	9:15-10:00am Ripped RIDE Jen Mc.		9:05-9:55am Ripped RIDE Nancy S.	9:05- 9:50am Cycle Beats Kim D.		
	5:30-6:30pm RACE Day Bob R.	6:00-7:00pm Cycle Beats Kristin B	5:30-6:30pm RACE Day Bob R.			All spin reservations are made at supersaas.com. We no longer reserve 2 walk in spaces at front desk.

Schedule Effective NOVEMBER 1, 2017