

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 HIIT/Fit Cross Debbie A.	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.	5:15-6:15am HIIT/Fit Cross Debbie A.		
		6:05-7:05am Yoga Fusion Debbie D.	7:30-8:15am KB/Muscle Michele D.	7:30-8:30am Fit Cross Joanne C.	7:30-8:30am Kick-Tabata/ Cardio KB Kerri P/Michele D	8:00-8:45am Kick Box Joanne C. -
7:50-8:45am CORE SCULPT & BARRE Emily	8:30-9:10am Mixed BAG Joanne C. (cardio/muscle intervals)	8:15-9:00am Lean & Tone Michele D.	8:30-9:15am Strength Overload Joanne C.	8:30-9:15am CORE SCULPT & BARRE Jane M	8:15-9:00am Strength Overload Kerri//Joanne	8:50-9:15am Joanne C. Pilates Xpress
9:00- 10:00am Fit Cross Joanne C.	9:15- 10:00am PIYO Kristen B.	9:05-10:00am KB Tabata Kerri P.				9:15-10:00am Tabata/Met Con Alison C./ Rick B. 45 mins.
				10:15- 11:00am Low Impact w/resistance Nancy S.		
	4:30- 5:25pm PiYO Kristin B.					
5:30- 6:25pm Cardio/Muscle Fusion Vincent R.	5:30-6:25pm Lean & Tone Michele D/Gerard	5:30-6:30pm Tabata Alison B/Michelle D	5:30-6:25pm Small Group Training Sign up at front desk w/Vincent			
	6:30- 7:30pm ZUMBA® Mariana Diaz	6:30-7:30pm Hatha Yoga Jane M.				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.		7:30-8:30am Cycle Beats Kristin B.	8:15-9:15am Cycle Beats Rotating instructors
8:45- 9:30am Cycle Beats Kerri P.	9:00-9:45am Endurance Ride Wendy P.	9:05-9:55am Ripped RIDE Nancy S.		9:05- 9:50am Cycle Beats Wendy P.		
	5:30-6:30pm RACE Day Bob R.	5:45-6:45pm 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.