



**BOSTON NORTH
FITNESS
Center**

GROUP "X" SCHEDULE

Please visit us on our website at: WWW.BOSTONNORTHFITNESS.COM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY		SUNDAY
6:00 AM	PURE STRENGTH DIANE L	CYCLE CORE (1HR) DIANE L	BOOT CAMP ANDREA B	CYCLE INTENSITY (1HR) DIANE L	PURE STRENGTH DIANE L				
7:00	CYCLE DONNA W	BODY PUMP DIANE L	INTERVAL CYCLE DIANE L	VINYASA - FLOW YOGA TARA	ENDURANCE CYCLE CLAUDIA M	7:00	INTERVAL CYCLE DIANE L		
8:00		BARRE DIANE L				8:00	PILATES STEF D / TRACEY N	8:00	CYCLE JEFF N
8:30	CYCLE MARIA S	CYCLE DONNA W		"DJ" CYCLE PHIL C	CYCLE INTENSITY DONNA W	9:00	ENDURANCE CYCLE STEF D/SARAH H	8:30	STEPPIN UP MAUREEN W
8:30	STEPPIN UP DIANE L	PILATES /MAT DIANE L	BODY PUMP DIANE L	TABATA DONNA W	BODY PUMP DIANE W	9:00	ZUMBA "X 2" ROSE & RHEA	9:30	YOGA JILL G/CATHY P
9:30			SPINNING DONNA W			10:00	BODY PUMP LORALEE W/SUSAN W		
9:30	BODY PUMP NICOLE P	PURE STRENGTH DONNA W	STEPPIN UP DONNA D	PILATES /MAT DEB E	STEPPIN UP DONNA D	CURRENT GROUP X SCHEDULE			
10:30			LITE & EASY FIT DONNA D		LITE & EASY FIT DONNA D				
						PLEASE VISIT OUR NEW BOSTON NORTH TRAINING CENTER WHERE RESULTS HAPPEN <i>"TRAINING YOU IS OUR BUISNESS"</i> RESULTS ARE GUARANTEED			
4:30 PM	DRUMS ALIVE ALICIA P	BODY PUMP SUSAN W	321 SHED MARY L			BNFC CLUB HOURS			
5:00				ABS/CORE SARAH H					
5:30	INTERVAL CYCLE DIANE L	ENDURANCE CYCLE SARAH H	CYCLE JEFF N	ENDURANCE CYCLE SARAH H		MON- FRI 5:00AM - 10:00PM SAT 6:00AM - 6:00PM SUN 6:00AM - 6:00PM			
5:30	ZUMBA TANYA M	B B E ANDREA B	ZUMBA "X 2" ROSE & RHEA	PURE STRENGTH DIANE L	ZUMBA "X 2" ROSE & RHEA				
6:30	PILATES + DIANE L	FLO-YOGA KATIE G	PILATES /MAT DEB E	ZUMBA STRONG TANYA M					