



# ASSEMBLY

## SPORTS CLUB

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30-6:30am <b>CYCLING/CORE BLAST</b> Cathy	5:30-6:25am <b>CYCLING</b> Sharon	5:30-6:30am <b>CYCLE FUSION</b> Cathy	5:30-6:30am <b>PUMP N BURN</b> Sharon	5:30-6:30am <b>CYCLE FUSION</b> Cathy	
8:30-9:30am <b>CYCLE FUSION</b> Cathy/Sharon			6:30-7:00am <b>TRX</b> Cathy		6:30-7:15am <b>TABATA</b> Cathy	8:00-8:55am <b>CYCLING</b> Marcy
9:30-10:30am <b>PUMP N BURN</b> Cathy/Sharon						9:00-9:50am <b>BARRE-LATES</b> Marcy
11:00am <b>YOGA</b> Judit	4:30-5:20pm <b>HIIT</b> Jessica	5:00-5:55pm <b>PUMP N BURN</b> Sharon	4:30-5:20pm <b>HIIT</b> Taylor	5:30-6:30pm <b>CARDIO KICK BOX</b> Jessica	5:30-6:25pm <b>PUMP N BURN</b> Cathy	9:55-10:45am <b>ZUMBA</b> Ana
	5:30-6:25pm <b>PUMP N BURN</b> Julia	6:00-6:55pm <b>PUMP N BURN</b> Sharon	5:30-6:15pm <b>CYCLING</b> Taylor	6:30-7:00pm <b>CORE BLAST</b> Jessica		
	6:30-7:30pm <b>CARDIO BLAST</b> Julia	7:00pm <b>YOGA</b> Judit	6:15-7:00pm <b>ZUMBA</b> Lelys	7:00pm <b>YOGA</b> Judit		
	7:30pm <b>TRAINERS CORNER HIIT</b>		7:30pm <b>TRAINERS CORNER HIIT</b>			

**Club Hours:** Monday - Thursday 5:00am - 10:00pm  
Friday - 5:00am - 9:00pm  
Saturday - Sunday 7:00am - 7:00pm

**Schedule effective February 17, 2020**

5 Middlesex Ave. Suite 203, Somerville, MA 02145  
Phone: (617) 628-4272

Aerobics schedule is tentative & subject to change without notice