



ASSEMBLY

SPORTS CLUB

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						9:00AM ZUMBA Ana
	5:30-6:25PM HIIT Cathy	5:30-6:25PM BODY PUMP Julia	5:30-6:25PM HIIT Cathy			
		6:30-7:30PM VINYASA YOGA Cori		6:30-7:30PM VINYASA YOGA Cori		
	6:30-7:30PM PILATES Cathy		6:30-7:30PM PILATES Cathy			

Club Hours:

Monday - Thursday 5:00am - 9:30pm

Friday - 5:00am - 8:30pm

Saturday - 8:00am - 6:30pm

Sunday - 8:00am - 5:30pm

Aerobics schedule is tentative & subject to change without notice.

Schedule effective Dec. 1, 2022

29 Massachusetts Ave. Arlington, MA 02474

Phone: (781) 648-5433