



ASSEMBLY

SPORTS CLUB

dSUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-10:00 AM YIN CORE FLOW YOGA Enrique						9:00-10:00 AM ZUMBA Ana
						9:30-10:15 AM CYCLING Stephanie
	5:30-6:15 PM HIIT Ira	5:00-5:45 PM HIIT Cathy	5:00-5:45 PM HIIT Cathy			
	6:15-7:00 PM STRENGTH, CORE & BALANCE Ira	6:00-6:45 PM CYCLING Cathy	5:45-6:30PM PILATES Cathy	5:30-6:25 PM ZUMBA Tati		
	6:30-7:15 PM CYCLING Stephanie	6:30-7:30 PM YOGA Cori		6:30-7:30 PM YOGA Cori		

Club Hours:

Monday - Thursday - 5:00AM - 10:00PM

Friday - 5:00AM - 9:00PM

Saturday - 7:00AM - 6:30PM

Sunday - 7:00AM - 5:30PM

Schedule Effective: Sept 25th, 2023

29 Massachusetts Ave., Arlington MA 02474

Phone: (781) 648-5433

** Aerobics schedule is tentative and subject to change without notice. **