



ASSEMBLY

SPORTS CLUB

SUNDAY	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
		5:00-5:55 PM STRONG NATION Tati	5:00-5:45 PM HIIT Ira			
	5:30-6:15 PM HIIT Ira	6:00-6:50 PM ZUMBA Tati	6:00-6:45 PM CYCLING Ira	5:00-5:55PM STRONG NATION Tati		
	6:15-7:00 PM STRENGTH, CORE & BALANCE Nick	6:00-6:45 PM CYCLING Ira	6:00-7:00 PM MODERN FLOW YOGA Enrique	6:00-7:00 PM ZUMBA Tati		
	6:30-7:15 PM CYCLING Stephanie	7:00-8:00 PM SCULPT YOGA Enrique				

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: April 18, 2024

29 Massachusetts Ave., Arlington MA 02474

Phone: (781) 648-5433

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



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