

Group Exercise Schedule

*Classes online only

Email wolfk9@rcn.com to sign up

Atlantis Sports Club, Dedham, MA

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5:30am				5:45am Muscle Inferno Janice *postponed		7:00am	SPIN Roz *postponed
8:30am	Cardio Blast Nora A 8:30am-9am *postponed	Total Body X Nora *postponed	Cardio Interval Roz 8:30-9:15am *postponed		Muscle Inferno Giliana *postponed	8:00am	Total Body X Roz *postponed
9:30am	Muscle Inferno Nora 9am-10am *postponed	9:15am Aqua Fitness Katy*postponed	Muscle Inferno Roz 9:15am-10am *postponed	H.I.I.T High Intensity Interval Training Kris *postponed	Zumba Giliana *postponed	9:00am	Zumba Giliana *postponed
10:30am	Stretch & Strength Katy	Pilates Classic Mat Katy		Stretch & Strength Katy	Restorative Yoga Katy		
11:30am		*YOGA Katy					
5:30pm		5:00pm *Pilates Classic Mat Katy		H.I.I.T High Intensity Interval Training Amy *postponed			
6:30pm	ZUMBA Kris *postponed	6:00pm Dance Fusion Rachel *postponed	ZUMBA Adriana *postponed				
7:30pm			YOGA Katy				