

FitCorp at MetroWest Group Fitness Schedule

Hours: Mon – Fri. 6:00am – 8:00pm | Saturday 8:00am – 4:00pm | Sunday Closed

Mon	Tues	Wed	Thurs	Fri	Sat
	Cycle 6:15–7:15am Alyssa		Yoga 6:30–7:30am Beth		Yoga 9:30 –10:30am Katherine
		Back to Balance 12:30 – 1:30pm Chris		Rock Bottoms 12:15 – 1:00pm Megg	
	Definitions 4:15 – 5:10pm Megg	Zumba 4:15 – 5:15pm Taiwo	Inner Athlete 4:15–5:10pm Gabby	Core Movement 4:15–5:15pm Chris	
Zumba 5:30 – 6:30 Kethelen	Yoga 5:15–6:15pm Katherine				



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