

FitCorp at MetroWest Group Fitness Schedule

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

Fall 2011

Monday	Tuesday	Wednesday	Thursday	Friday
Cycle 7:00 – 7:45am Nancy	Morning Meltdown 7:00 – 8:00am Megg		Cycle 7:00 – 8:00am Instructor TBD	
Boot Camp 1:00 – 2:00pm Chris		Back to Balance 12:30 – 1:30pm Chris		Rock Bottoms 12:15 – 1:00pm Nancy
	Definitions 4:15 – 5:10pm Corrine		T.O.N.E.D 4:15 – 5:10pm Corrine	
Zumba 5:15 – 6:15 Instructor TBD	Yoga 5:15 – 6:15pm Catherine	Cycle 4:30 – 5:30pm Instructor TBD		Core Movement 4:15 – 5:15pm Chris

