



FITNESS | SPA | SALON

Group Exercise  
Natick

### Staff hours

Monday-Thursday 6:00AM-8:00PM Friday 7:00AM-5:00PM

Saturday 7:00AM-12:00PM Sunday 7:30AM-11:30AM

508-875-2290

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM	Body Pump Julie	SpoXe Kelly	Priceless Bodies Beth		Cardio Interval Nicole
7:00AM			Body Pump Julie M		
8:30 AM	Step WorX Sonja	Priceless Bodies Michele T	Pilates WorX Cori	Flex Yoga Abby	Muscle Inferno Lisa C.
			SpoXe Heather		
9:30 AM	Cardio FleX Flow Sonja	Muscle Inferno Marybeth Paul	Power Lo Cori	Zumba Abby	Cardio Hardcore Lisa C. <hr/> SpoXe Erica
9:30AM	SpoXe Kelly			SpoXe (45 min) Heather 10:15 -10:45 CORE blast!	
4:30 PM	The WorX Barb	Priceless Bodies Jeanine	Muscle MiX-Up Paula Hart	Julie Body Pump	
5:30 PM	Zumba Abby	Muscle Inferno LisaC.	Classic Mat Kelly	Barb KiX & TriX	
	SpoXXXe Mchelle			Erica SpoXXe	
6:30PM	FleX Yoga Abby	KiX/Below the Belt Paula	Kelly SpoXe	Zumba Jeanine	
			Zumba Beth B.		
Saturday	7:00AM – 8:00AM Cardio Kick Paula	8:00-9:00 SpoXe Erica	9:15 -10:15 AM Zumba Beth B.	10:30-11:30 30/30 Muscle/Stretch Karen	
		8:00-9:00 Body Balance Lisa C			
Sunday	8:00AM-9:00AM Step WorX Paula	8:00AM-9:00AM SpoXXXE Michele T.	9:00AM-10:00AM Muscle Inferno Michele T.	10:00-11:00 Zumba Jeanine	

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