

GROUP EX SCHEDULE

CAMBRIDGE

WANNA
EVOLVE?

WE CAN HELP



MON	TUE	WED	THU	FRI	SAT	SUN
9:00am-9:30 CX Izzy	6:00am-7:00 BP Bridgette	9:00am-9:30 CX Izzy	5:45am-6:45 CORE Workshop Dawn	9:30am-10:30 Z Chela	8:15am-9:15 BC Izzy	8:30am-9:30 BA Bridgette
9:30am-10:30 BP Izzy	9:30am-10:00 CX Cheryl	9:45am-10:30 BC Izzy	9:45am-10:45 BP Cheryl	12:15pm-1:15 BC Izzy	9:30am-10:30 BP Izzy	9:30am-10:30 BP Bridgette
12:15pm-1:15 VINYASA YOGA Eva	10:00am-11:00 BODY FLOW Cheryl	12:15pm-1:15 VINYASA YOGA Eva	10:45am-11:15 CX Cheryl	6:00pm-7:00 Z Jackie	10:45am-11:45 Z Christina	10:45am-11:45 Z David
5:30pm-6:30 BP Luis Kali	5:30pm-6:30 VINYASA YOGA Anna	5:30pm-6:30 Z Chela	5:30pm-6:30 VINYASA YOGA Erika	SPIN STUDIO	12:15pm-1:15 BODY FLOW Betty	12:00pm-1:00 VINYASA YOGA Erika R
6:45pm-7:15 CX Joe	6:45pm-7:45 BP Betty	6:45pm-7:45 BODY FLOW Betty	6:30pm-7:30 BP Betty	5:30am-6:30 MAXX CYCLING Kathryn	SPIN STUDIO	
7:15pm-8:15 BC Joe	8:00pm-9:00 Z Erika W	8:00pm-9:00 Z Erika W	7:30pm-8:00 CX Betty	6:30am-7:30 MAXX CYCLING Kathryn	8:15am-9:15 MAXX CYCLING Kayley	
SPIN STUDIO	SPIN STUDIO	SPIN STUDIO	8:15pm-9:15 Z Erika W			
5:45am-6:45 F Dawn	8:30am-9:25 F Cheryl	5:30am-6:30 MAXX CYCLING Kathryn	SPIN STUDIO			
6:00pm-7:00 F Maria	6:30pm-7:30 F Guided Ride	6:30am-7:30 MAXX CYCLING Kathryn	8:30am-9:30 F Cheryl			
		6:15pm-7:10 F Mary	6:30pm-7:15 F Guided Ride			



AS A COURTESY TO FELLOW MEMBERS, IF YOU ARE UNABLE TO ATTEND YOUR SCHEDULED CLASS PLEASE CANCEL VIA OUR APP OR CALL YOUR RESPECTIVE CLUB.

HOURS

CLUB: Monday - Tuesday 5:00am - 10:00pm
Friday 5:00am - 9:00pm
Saturday & Sunday 7:00am - 8:00 pm

CHILD CARE: Monday - Sunday 8:00am - 12:00pm
Monday - Tuesday 4:00pm - 8:00pm
\$6.00 per visit/child

CAMBRIDGE 617.354.1000
52 NEW STREET BEHIND THE WHOLE FOODS PLAZA

ALSO LOCATED IN
FRAMINGHAM

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evolvefitnessinc.com