

# GROUP EX SCHEDULE

## FRAMINGHAM

WANNA  
EVOLVE?

WE CAN HELP



MON	TUE	WED	THU	FRI	SAT	SUN
5:30am-6:30 MAXX CYCLING Shelly	5:45am-6:45 BP Kali	7:30am-8:30 BODYFLOW	5:45am-6:45 Theresa	8:30am-9:30 YOGALATES Michele F	8:15am-9:15 BP Kerin	8:15am-9:15 MAXX CYCLING Mary
8:30am-9:30 Z Marco	9:00am-10:00 MAXX CYCLING Beth	8:30am-9:30 Michelle	8:30am-9:30 PILATES Donna	9:30am-10:30 Gina	9:30am-10:30 MAXX CYCLING Beth	9:15am-10:15 PILATES Paula
9:30am-10:30 Muscle Conditioning Gina	12:15pm-1:15 PILATES Paula	9:30am-10:30 BP Michelle	9:30am-10:30 Z Marco		10:30am-11:30 Z Shannon	10:30am-11:30 Gina
5:30pm-6:30 BP Gina	5:30pm-6:30 MAXX CYCLING Mary	5:30pm-6:30 Gina			11:30am-12:30 YOGA Flow Paulina	11:30am-12:00 CX Gina
6:30pm-7:30 Z Karla	6:30pm-7:30 Sherri	6:30pm-7:30 BP Gina	5:30pm-6:30 BP Bridgette			
7:30pm-8:30 PILATES Michele F	7:30pm-8:30 Z Paulina	7:30pm-8:30 YOGALATES Michele	6:30pm-7:30 BA Bridgette			

PLEASE ASK A STAFF MEMBER ABOUT THE CLASSES OR SEE THE BACK PAGE FOR DETAILS.

**WE ARE HERE FOR YOU!**

**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 - Thursday 5:00am - 10:00pm  
Friday 5:00am - 9:00pm  
Saturday & Sunday 7:00am - 6:00 pm

**CHILD CARE:** Monday - Thursday 4:00pm - 8:00pm  
Saturday 8:00am - 12:00pm  
\$6.00 per visit/child

**FRAMINGHAM** 508.879.6200  
2 CALIFORNIA AVE.

ALSO LOCATED IN  
CAMBRIDGE

facebook.com/evolvefitness  
 evolvefitness52  
evolvefitnessinc.com