

GROUP EX SCHEDULE

CAMBRIDGE

WANNA EVOLVE?



MON	TUE	WED	THU	FRI	SAT	SUN
5:45am-6:45 MUSCLE CONDITIONING Dawn	9:30am-10:00 CORE & MORE Cheryl	9:00am-10:00 Michelle	6:15am-6:45 PILATES Dawn	9:00am-10:00 MUSCLE CONDITIONING Dawn	8:15am-9:15 Michelle	9:30am-10:30 Liz
9:15am-9:45 CORE & More Angelica	10:00am-11:00 Cheryl	10:00am-10:30 CORE & More Angelica	9:45am-10:45 Cheryl	10:00am-11:00 Chela	9:30am-10:30 Liz / Mary	10:45am-11:45 David
9:45am-10:45 Angelica	5:30pm-6:30 VINYASA YOGA Anna	12:15pm-1:15 VINYASA YOGA Eva Sevia	10:45am-11:15 CORE & MORE Cheryl	12:15pm-1:15 YOGALATES Eva Sevia	10:45am-11:45 Christina	12:00pm-1:00 YOGA FLOW Kayla
12:15pm-1:15 VINYASA YOGA Eva Sevia	6:45pm-7:45 Cris	5:30pm-6:30 Chela	5:45pm-6:45 PILATES Mary	6:15pm-7:15 Jackie	12:00pm-1:00 VINYASA YOGA Erika R	SPIN STUDIO
5:30pm-6:30 PILATES Kathryn B.	8:00pm-9:00 Stefanie	6:30pm-7:30 KICK IT Stephanie W	6:45pm-7:45 Mary	SPIN STUDIO	SPIN STUDIO	8:30am-9:30 MAXX CYCLING Katreana
6:30pm-7:30 Cris	SPIN STUDIO	SPIN STUDIO	8:00pm-9:00 Jennifer	5:45am-6:45 MAXX CYCLING Kathryn	8:15am-9:15 MAXX CYCLING Katreana	
7:30pm-8:00 Cris	8:30am-9:25 MAXX CYCLING Cheryl	5:45am-6:45 MAXX CYCLING Dawn	SPIN STUDIO			
8:00pm-9:00 Jennifer		6:15pm-7:00 MAXX CYCLING Ali	5:30am-6:45 PILATES CYCLE Dawn			
SPIN STUDIO			8:30am-9:30 MAXX CYCLING Cheryl			
8:30am-9:30 MAXX CYCLING Beth						
6:30pm-7:30 MAXX CYCLING Rebecca						

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 - 8:00pm

CHILD CARE: Monday - Sunday 8:00am - 12:00pm
 Monday - Thursday 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

evolve fitness cambridge
 @evolvefitnesscambridge
 evolvefitnessinc.com