

GROUP EX SCHEDULE

FRAMINGHAM

WANNA
EVOLVE?

WE CAN HELP



MON	TUE	WED	THU	FRI	SAT	SUN
8:30am-9:30 Marco	8:30am-9:30 MAXX CYCLING Beth	5:45am-6:30 EXPRESS CYCLE Rick	5:45am-6:45 Theresa	5:45am-6:30 EXPRESS CYCLE Rick	8:15am-9:15 Kerin	8:15am-9:15 Gina
9:30am-10:30 SASS Ann	9:30am-10:30 Ann	8:30am-9:30 Kerin	8:30am-9:30 PILATES Donna	8:30am-9:30 YOGALATES Michele F	9:30am-10:30 MAXX CYCLING Beth	9:15am-9:45 Gina
10:30am-11:30 HIIT Kerin	12:15pm-1:15 PILATES Paula	9:30am-10:30 SASS Ann	9:30am-10:30 Ann	9:30am-10:30 Gina	10:30am-11:30 Shannon	9:45am-10:45 PILATES Paula
12:15pm-1:00 STRONG Marco	5:30pm-6:30 MAXX CYCLING Rick	5:30pm-6:30 Gina	10:30am-11:30 CORE Blast Michele F.	10:30am-11:30 Muscle Conditioning Gina	11:30am-12:30 YOGA Flow Crystal	
5:30pm-6:30 Gina	6:30pm-7:30 TABATA Carolyn	6:30pm-7:30 Gina	12:15pm-1:15 BARRE Paula			
6:30pm-7:30 Karla			6:30pm-7:30 YOGA Flow Crystal			

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.**

CLUB HOURS

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

FRAMINGHAM 508.879.6200
2 CALIFORNIA AVE.

ALSO LOCATED IN
CAMBRIDGE

facebook.com/evolvefitness
 evolvefitness_framingham
evolvefitnessinc.com