

GROUP EX SCHEDULE

FRAMINGHAM

WANNA EVOLVE?



| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----------------------------|---|--------------------------------------|---|---|--------------------------------------|--|
| 8:30am-9:30 Marco | 5:45am-6:45 Kali | 5:45am-6:30 EXPRESS CYCLE Rick | 5:45am-6:45 BODY CIRCUIT/CX Theresa | 5:45am-6:30 EXPRESS CYCLE Rick | 8:15am-9:15 Kerin | 8:15am-9:15 Gina |
| 9:30am-10:30 SASS Ann | 8:30am-9:30 MAXX CYCLING Beth | 8:30am-9:30 Kerin | 8:30am-9:30 PILATES Donna | 8:30am-9:30 YOGALATES Michele F | 8:30am-9:15 CYCLE BLAST Jamie | 8:30am-9:30 ENDURANCE RIDE Sharon |
| 5:30pm-6:30 Gina | 9:30am-10:30 Ann | 9:30am-10:30 SASS Ann | 9:30am-10:30 Ann | 9:30am-10:30 Gina | 9:30am-10:30 Kerin | 9:15am-9:45 Gina |
| 6:30pm-7:30 Karla | 12:15pm-1:15 PILATES Paula | 5:30pm-6:30 Gina | 10:30am-11:15 GENTLE YOGA Michele F | 10:30am-11:30 Muscle Conditioning Paula | 9:30am-10:30 MAXX CYCLING Beth | 9:45am-10:45 PILATES Paula |
| | 5:30pm-6:30 CYCLE BLAST PLUS Rick | 6:30pm-7:30 Gina | 11:15am-11:45 CORE Blast Michele F. | | 10:30am-11:30 Shannon | 9:45am-10:45 CYCLE BLAST PLUS Rick |
| | 5:30pm-6:30 BARRE Jenn | | 12:15pm-1:15 BARRE Paula | | | |
| | 6:45pm-7:45 Toni | | 5:45pm-6:45 KICK IT Sara | | | |



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
 11 CALIFORNIA AVE.

ALSO LOCATED IN
 CAMBRIDGE

evolvefitness framingham
 @evolvefitness_framingham
 evolvefitnessinc.com