

GROUP EX SCHEDULE

FRAMINGHAM

WANNA EVOLVE?



MON	TUE	WED	THU	FRI	SAT	SUN
8:30am LES MILLS BODY PUMP Kerin	5:45am LES MILLS BODY PUMP Kali	5:45am EXPRESS CYCLE Rick	5:45am LES MILLS BODY PUMP Theresa	5:45am EXPRESS CYCLE Rick	8:30am LES MILLS BODY ATTACK Kerin	8:30am LES MILLS BODY COMBAT Gina
9:30am ZUMBA Ann	8:30am STEP EXPRESS Paula	8:30am LES MILLS BODY PUMP Kerin	8:30am ZUMBA Leah	8:30am BARRELATES Michele	8:15am CYCLE BLAST Lolly	9:30am LES MILLS CX Gina
10:30am COMPLETE CORE Ann	8:30am MAXX CYCLING Beth	9:30am ZUMBA Ann	9:30am S.A.S.S. COND. Ann	9:30am LES MILLS BODY COMBAT Gina	9:30am LES MILLS BODY PUMP Kerin	9:00am CYCLE BLAST PLUS Rick
6:00pm LES MILLS BODY PUMP Gina	9:30am S.A.S.S. COND. Ann	10:30am COMPLETE CORE Ann	10:30am GENTLE HATHA STRETCH Michele	10:30am SCULPT ENDURANCE Paula	9:30am MAX CYCLING Beth	10:00am BARRELATES Paula
7:00pm ZUMBA Karla	12:15pm BARRELATES Paula	6:00pm S.A.S.S. COND. Ann	12:15pm BARRELATES Paula		10:30am ZUMBA Ali	
	5:30pm CARDIO HIIT Judy	7:00pm ZUMBA Ali	6:00pm LES MILLS BODY COMBAT Kerin			
	5:45pm CYCLE BLAST PLUS Rick		7:00pm LES MILLS CX Kerin			
	6:30pm BARRE BURN Jenn					

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.

*CLASSES/INSTRUCTOR SUBJECT TO CHANGE **PLEASE REGISTER VIA THE APP

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