

GROUP EX SCHEDULE

CAMBRIDGE

WANNA EVOLVE?



MON	TUE	WED	THU	FRI	SAT	SUN
5:45am MUSCLE CONDITIONING Dawn W.	5:45am LES MILLS BODY PUMP Mary J.	5:45am SPIN EXPERIENCE Dawn W.	5:45am SPIN N BARRE Dawn W.	5:45am SPIN EXPERIENCE Kathryn Z.	8:00am SPIN EXPERIENCE Katreana B.	8:00am SPIN EXPERIENCE Katreana B.
9:30am CORE & MORE Angelica T.	8:15am SPIN EXPERIENCE Cheryl H.	9:00am LES MILLS BODY COMBAT Michelle H.	8:15am SPIN EXPERIENCE Cheryl H.	9:00am MUSCLE CONDITIONING Dawn W.	8:00am LES MILLS BODY COMBAT Michelle H.	9:00am LES MILLS BODY PUMP Liz M.
10:00am LES MILLS BODY PUMP Angelica T.	9:00am 30/30 CORE & STRETCH Cheryl H.	10:00am CORE & MORE Angelica T.	9:00am LES MILLS BODY PUMP Cheryl H.	10:00am ZUMBA Chela Z.	9:00am LES MILLS BODY PUMP Mary J.	10:00am ZUMBA FITNESS David S.
12:00pm VINYASA FLOW Eva S.	10:00am 30/30 ZUMBA MUSC. COND Natalie B.	11:00am ZUMBA FITNESS Chela Z.	5:30pm LES MILLS BODY PUMP Mary J.	12:00pm YOGALATES Eva S.	10:00am ZUMBA FITNESS Cristina L.	11:00am CARDIYOGA Kayla M.
5:30pm PiYo Mary	12:00pm STRONG BY ZUMBA Natalie B.	12:00pm VINYASA FLOW Eva S.	6:30pm STRONG BY ZUMBA Jess P.		11:00am VINYASA YOGA / CORE Erika R.	
6:30pm LES MILLS BODY COMBAT Cris H.	5:30pm CORE FLOW YOGA Anna G.	5:30pm BARRE FUSION Nicole D.	7:30pm ZUMBA FITNESS Jennifer G.			
6:30pm SPIN EXPERIENCE Rebecca G.	6:30pm LES MILLS BODY PUMP Cris H.	6:30pm SPIN EXPERIENCE Ali H.				
7:30pm ZUMBA FITNESS Jennifer G.	7:30pm ZUMBA FITNESS Stefanie N.	6:30pm KICK IT Stephanie W.				
		7:30pm POUND Nicole E.				

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

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