

GROUP EXERCISE JANUARY/IAP SCHEDULE

LOCATIONS	ZESIGER CENTER	ALUMNI WANG CENTER		OTHER	
	120 Vassar St. Cambridge, MA	6 Vassar St. Cambridge, MA			
	T-CLUB	SPIN STUDIO	WANG STUDIO	SAILING PAVILION	VIRTUAL
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mat Pilates 7:00-8:00am ANNA	Sunrise Yoga 7:00-8:00am ANNA	Mat Pilates 7-7:45am AMY		Virtual Mat Pilates 7:00-7:30am Yoga 7:30-8am ANNA	Bootcamp 9:30-10:30am JOANNA
Bootcamp 7:45-8:45am MOE	Spin & Sculpt 7:45-8:45am ANGIE		Spin & Sculpt 7:45-8:45am ANGIE		Vinyasa Yoga 10:45 - 11:45am LEINA
Free Dance Fitness* 12:00-1:00pm JINNY	Free Vinyasa Yoga* 12:00-1:00pm ANNA	Free Strictly Strength* 12:00-1:00pm MOE	Mat Pilates 12:00-1:00pm MAITE	Free Zumba* 12:00-1:00pm DARSHIKA	Free HIIT Pilates* 12:00-1:00pm CARISSMA
	Free Virtual Zumba 12:00-1:00pm SANDRA		Free Express Cycle* 12:15-12:45pm EMILY		
					*Free for Students & Members, Non-members pay \$15 day pass fee
		Mat Pilates 4:00-4:45pm ANNA			
Zumba 5:15-6:15pm CESAR	Strictly Strength 5:00-6:00pm ELENA	Cycle 4:30-5:15pm NICOLE	Express Cycle 4:15 - 4:45pm DANIEL		
Virtual Barre 6:00-6:45pm WENDY	Cycle 6:15-7:00pm AMANDA	Cardio Kickboxing 5:45-6:45pm LEO	Barre 5:45-6:45pm JESSICA	Zumba 5:15-6:15pm CESAR	
Unwind Yoga 6:15-7:15pm ANNA	BollyX 6:15-7:15 pm NEHA	Cycle 5:30-6:15pm AMANDA		BollyX 6:30-7:30pm AMY	
Cardio Kickboxing 7:15-8:00pm GRACE		CIRCL Mobility 6:45-7:30pm LEO	HIIT 6:45-7:30pm JESSICA		
Barre 8:00-8:45pm GRACE		HIIT Pilates 7:30-8:30pm CARISSMA			



Please scan the QR code to view the live schedule with exact class times, locations, instructors, class descriptions, and pricing. Updated 8/19/24