



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY		SUNDAY
6:00 AM	PURE STRENGTH DIANE L	CYCLE /CORE ^{1(HR)} DIANE L	BOOT CAMP ANDREA B	CYCLE INTENSITY (1HR) DIANE L	PURE STRENGTH DIANE L				
7:00	CYCLE DONNA W	BODYPUMP DIANE L	INTERVAL CYCLE DIANE L	VINYASA-FLOW YOGA TARA W	ENDURANCE CYCLE CLAUDIA M	7:00	INTERVAL CYCLE DIANE L		
8:00		BARRE DIANE L				8:00	PILATES STEF D /TRACY N	8:00	CYCLE JEFF N
8:30	CYCLE MARIA S	CYCLE DONNA W		"DJ" CYCLE PHIL C	CYCLE INTENSITY DONNA W	9:00	ENDURANCE CYCLE STEF D/SARAH H	8:30	STEPPIN UP MAUREEN W
8:30	STEPPIN UP MAUREEN W	PILATES/ MAT DIANE L	BODYPUMP DIANE L	TABATA DONNA W	BODYPUMP DIANE W	9:00	ZUMBA "X" 2 ROSE & RHEA	9:30	YOGA JILL G/CATHY P
9:30		SPINNING PHIL C	SPINNING DONNA W			10:00	BODYPUMP LORALEE W/SUSAN W		
9:30	BODYPUMP NICOLE P	PURE STRENGTH DONNA W	STEPPIN UP DONNA D	PILATES/ MAT DEB E	STEPPIN UP DONNA D	CURRENT GROUP "X" SCHEDULE			
10:30			LITE & EASY FIT DONNA D		LITE & EASY FIT DONNA D	<p>PLEASE VISIT OUR BRAND NEW BOSTON NORTH TRAINING CENTER WHERE RESULTS HAPPEN "TRAINING YOU IS OUR BUSINESS" 978-777-3151</p> <p>BNFC CLUB HOURS</p> <p>MON- FRI 5:00AM - 10:00PM SAT 6:00AM - 6:00PM SUN 6:00AM - 6:00PM</p>			
4:30 PM	DRUMS ALIVE + ALICIA P	BODYPUMP SUSAN W	321 SHED MARY L						
5:00				ABS/CORE SARAH E					
5:30	INTERVAL CYCLE DIANE L	ENDURANCE CYCLE SARAH E	CYCLE KELLIE M	ENDURANCE CYCLE SARAH E					
5:30	ZUMBA STRONG TANYA M	BBE ANDREA B	ZUMBA "X" 2 ROSE & RHEA	PURE STRENGTH DIANE L	ZUMBA "X" 2 ROSE & RHEA				
6:30	PILATES + DIANE L	FLO YOGA KATIE G	PILATES/ MAT DEB E	ZUMBA STRONG ANDREA B					