



Spring 2017 Group Fitness Schedule (effective 04/03/2017)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 AM - 6:00 AM BOOT CAMP Tom Jones	5:15 AM - 6:00 AM CYCLE & CORE Laura Choma	5:15 AM - 6:00 AM FIT & FLEX BOOT CAMP Gerard Garrett	5:15 AM - 6:00 AM Boot Camp Tom Jones	5:15 AM - 6:00 AM BOOT CAMP** Amy Chiaravalloti		
		6:15 AM - 7:00 AM TRX FUNctional Training Rob Gagnon		7:15 AM - 8:00 AM TRX FUNctional Training Rob Gagnon		
9:00 AM - 10:00 AM CARDIO BOOT CAMP** Tom Jones	9:00 AM - 10:00 AM HIIT (Interval Training) Jill Silva	9:00 AM - 10:00 AM BOOT CAMP Tom Jones	9:00 AM - 10:00 AM BodyRow Jill Silva	9:00 AM - 10:00 AM BOOT CAMP Tom Jones	8:00 AM - 9:00 AM SLAUGHTER** Nick Albert	
10:15 AM - 11:00 AM TRX FUNctional Training Rob Gagnon	10:15 AM - 11:00 AM TRX FUNctional Training Rob Gagnon					9:00 AM - 10:00 AM SUNDAY SLAM Rob or Drew
	5:15 PM - 6:00 PM Meta-Bodyweight Training Rob Gagnon		5:15 PM - 6:00 PM TRX FUNctional Training Rob Gagnon			
6:00-6:45 PM BURN Paul Mahoney	6:00-6:45 PM BOOT CAMP Tom Jones	6:00-6:45 PM BOOT CAMP Paul Mahoney	6:15 PM - 7:00 PM Cycle & Circuit Mike Anderson			
	<i>Please continue to check schedule on MindBodyOnline for instructor substitutions and class changes.</i>					
*Advanced	Bodyco Fitness / 108 South Main Street (Rt 114) / Middleton, MA 01949					
*New Class	t. 978- 777- 7741 / e. info@bodycofit.com / www.bodycofit.com					