

# East Coast Fitness Group Fitness Schedule

508-947-0096

www.ecfgym.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 AM Wavemaster Boxing Core <i>Beth</i>		5:45 AM Group Cycling <i>Bob</i>		5:45 AM Group Cycling <i>Yenna</i>		7:15 AM Group Cycling <i>Beth</i>
9:00 AM Group Cycling <i>Karen/Diane</i>						8:00 AM TRX <i>Sharon</i>
	9:30 AM Buti Yoga <i>Britney</i>	9:00 AM Group Cycling <i>Karen</i>	9:30 AM Barbell Burn <i>Kim</i>		9:00 AM Wavemaster Boxing Core <i>Beth</i>	
					9:30 AM Barbell Burn <i>Kim</i>	
	5:30 PM Cardio Kickboxing <i>Clay</i>	5:30 PM HIIT <i>Clay</i>	5:30 PM Cardio Kickboxing <i>Clay</i>		<b>GYM HOURS</b> Sunday: 6:00 AM - 3:00 PM Monday: 4:00 AM - 10:00 PM Tuesday: 4:00 AM - 10:00 PM Wednesday: 4:00 AM - 10:00 PM Thursday: 4:00 AM - 10:00 PM Friday: 4:00 AM - 9:00 PM Saturday 6:00 AM - 6:00 PM	
	5:45 PM Group Cycling <i>Karen</i>		5:30 PM TRX <i>Sharon</i>	5:45 PM Cycling Blast/Conditioning <i>Karen</i>		
				6:30 PM YogaFusion <i>Kim</i>	<b>BABYSITTING</b> Monday - Friday: 9:00 AM - 12:00 PM Monday - Thursday: 5:00 PM - 8:00 PM Saturday: 8:00 AM - 11:00 AM	