

GROUP EXERCISE SCHEDULE: FALL 2019

Z CENTER

120 VASSAR ST, CAMBRIDGE, MA 02139

T-CLUB

Z-POOL

ALUMNI/WANG CENTER

32 VASSAR ST, CAMBRIDGE, MA 02142

SPIN STUDIO

WANG STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pilates 7:00 am - 8:00 am Anna T-Club	OFT 7:00am am - 8:00 am Ethan MAC	Slow Flow Yoga 7:00 am - 8:00 am Anna T-Club	OFT 7:00am am - 8:00 am Ethan MAC	Pilates 7:00 am - 8:00 am Anna T-Club	Ying&Yang 8:00 am - 9:00 am Sabbi T-Club	
Spin & Sculpt 7:30 am - 8:30 am Liz F. Spin Studio	Intermediate Yoga 7:30 am - 8:30 am Jodi Wang Studio	Spin & Sculpt 7:30 am - 8:30 am Lainie Spin Studio	Slow Flow Yoga 7:30 am - 8:30 am Anna Wang Studio		Shallow H2O 9:15 am - 10:15 am Jim C. Z-Pool	Interval Training 9:30 am - 10:30 am Linh N. T-Club
Vinyasa Yoga 9:30 am - 10:30 am Paige Wang Studio	Functional Circuits 7:45 am - 8:30 am (Mobile App) Wang Studio		Functional Circuits 7:45 am - 8:30 am Brett Wang Studio	Yoga 9:30 am - 10:30 am Paige Wang Studio	HIIT 9:30 am - 10:30 am Marie F. T-Club	
Functional Fitness (FREE) 12:00 pm - 1:00 pm Linh N. T-Club	Zumba* (FREE) 12:00 pm - 1:00 pm An Wang Studio	Yoga (FREE) 12:00 pm - 1:00 pm Paige T-Club	HIIT 10:00 am - 10:45 am Ethan Wang Studio	Functional Fitness (FREE) 12:00 pm - 1:00 pm Linh N. T-Club	Cardio Remix 10:30 am - 11:30 am Liz F. T-Club	
Zumba 12:00 pm - 1:00 pm Sandra Wang Studio		Barre 12:15 pm - 1:15 pm Leah Wang Studio	Bootcamp (FREE) 12:00 pm - 1:00 pm Fen Wang Studio	Unwind Yoga 12:15 pm - 1:15 pm Anna Wang Studio		
	Aqua Bootcamp 1:45 pm - 2:30 pm Daniel Z-Pool		Aqua Bootcamp 1:45 pm - 2:30 pm Daniel Z-Pool			
Barre 4:30 pm - 5:30 pm Leah Wang Studio	Core/Strength Stability 4:00 pm - 5:00 pm Fen Spin Studio	Stretch & Core 4:00 pm - 5:00 pm Maite Wang Studio	Pilates 4:15 pm - 5:00 pm Anna Wang Studio	Club Vibe Dance Fitness 4:00 pm - 5:00 pm Estelle Wang Studio		
	BollyX 5:00 pm - 6:00 pm Fen Wang Studio	Zumba 5:00 pm - 6:00 pm Cecilia Wang Studio	Alignment Flow Yoga 5:00 pm - 6:00 pm Anna Wang Studio	Bootcamp 5:00 pm - 6:00 pm Liz F. Wang Studio		
Unwind Yoga 5:30 pm - 6:30 pm Anna Wang Studio	Cycle 6:00 pm - 7:00 pm Melissa Spin Studio		Cycle 5:45 pm - 6:15 pm Melissa Spin Studio	Express Cycle 6:00 pm - 6:30 pm Liz F. Spin Studio		
Cycle 5:45 pm - 6:30 pm Lainie Spin Studio	Pilates 6:00 pm - 7:00 pm Chelsea G. Wang Studio	Yoga 6:00 pm - 6:45 pm Jessica A. Wang Studio	Kickboxing 6:15 pm - 7:00 pm Melissa Wang Studio	Hatha Yoga 6:00 pm - 7:00 pm Shelby Wang Studio		
Advanced Step 6:30 pm - 7:30 pm Jessica G. Wang Studio	Kickboxing 7:00 pm - 8:00 pm Chelsea G. Wang Studio	Cycle 6:15 pm - 7:15 pm Jessica G. Spin Studio				
		Pilates 6:45 pm - 7:30 pm Jessica A. Wang Studio	BollyX 7:00 pm - 8:00 pm Sandya Wang Studio			
HIIT 7:30 pm - 8:15 pm Jessica G. Wang Studio		Bootcamp 7:30 pm - 8:15 pm Marie F. Wang Studio				
Core & Recovery 8:15 pm - 8:45 pm Jessica G. Wang Studio	Vinyasa Yoga 8:00 pm - 9:00 pm Shelby Wang Studio	Abs 8:15 pm - 8:45 pm Marie F. Wang Studio	Heal Flow Yoga 8:00 pm - 9:00 pm Sabbi Wang Studio			

Download the **MIT Recreation Mobile App** for the most up-to-date information and to reserve your space in class

PRICING

Students

1 Month Pass: \$30
Must purchase passes in person w/
proper MIT I.D.

Non-Student (Members)

1 Month Pass: \$45
Purchase passes in person or online.
Monthly auto-purchase available (email
groupex@mit.edu).

DATES

Sessions

September 3 - December 16
Demo Week: September 3 - 9
Alternate Schedule: Dec 16 - 23 & December 26 - 31